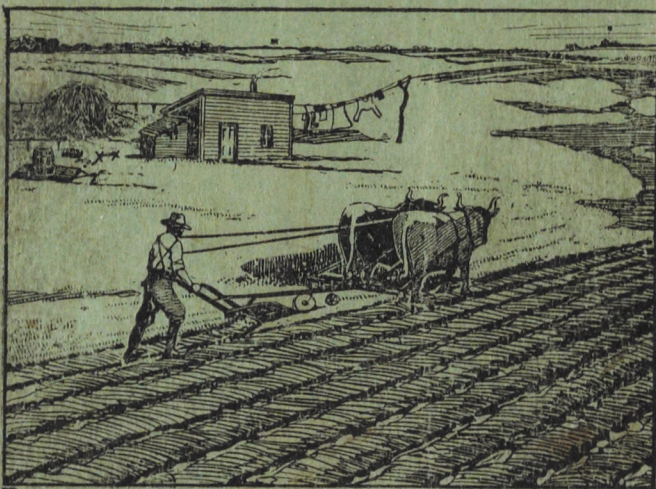


The Pioneer Cook Book



Arranged and Published by
The Women's Pioneer Club
of the Cabri District in the
Province of Saskatchewan

INDEX

Soups	Pages	3 to 7
Fish	"	9 to 11
Meats	"	11 to 21
Vegetables and Salads	"	21 to 27
Puddings and Desserts	"	27 to 36
Pies	"	36 to 39
Cheese, Eggs, Etc.	"	39 to 41
Cookies, Buns, Biscuits	"	41 to 46
Bread and Cakes	"	46 to 57
Pickles	"	57 to 60
Jams	"	61 to 62
Candy	Page	62
Ice Cream	"	62



FOREWORD



KINDLY GREETINGS, to all who may obtain a copy of this little book, from the Pioneer Women's Club of the Cabri District.

This little band of prairie women was founded in 1910 through the earnest efforts of Mrs. Petersen, one of the first settlers and an energetic woman who did much for the social life of the few women at that time scattered over a range of 15 or 20 miles. We regret that on account of ill health she was compelled to leave us, and now resides in California. Another, the oldest of our members, Mrs. Culham, is in Michigan; one Mrs. Colbeck, in Regina; and Mrs. Wagner, not one of the original members, but who joined us about three years ago, was called away a year ago, a victim to the "flu" epidemic. We mourn our loss.

Of the original twelve members, nine are still with us in regular attendance, but some who have joined since, have moved to other parts of Saskatchewan. However, we have now a membership of thirty-five, and some visitors at almost every meeting, which makes our monthly meetings very enjoyable.

Pioneering days are now a thing of the past for this part of the West, but—

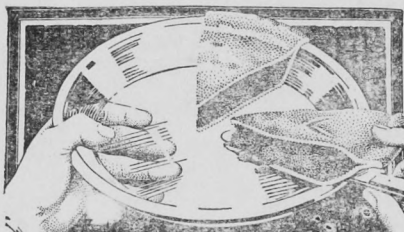
"Let us not forget how much we owe,
To those rough hands, those sturdy work-worn backs:
Who gave their buoyant youth, their manhood's glow,
To rear us mansions from their tiny shacks;
Who made the wilds, the golden fields we know,
True veterans of the Plowshare and the Axe;
Who far and wide the Union Jack unfurled,
And made our land "The Granary of the World".

"Old Father Time" is calling one by one,
Our grand "Old Timers" to their last, long rest;
Their noble task for Canada is done,
They've opened to her sons her last best West;
A million homes reflect the setting sun,
Sinking in glory over the Rockies' crest;
And our "Old Timers" slowly one by one,
File their Eternal Homesteads with the Blest."

—P. W. C.

January, 1920.

SOME TIMELY TIPS!



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THE KNIPFEL PHARMACY

CABRI, Sask.

Soups

BEAN SOUP

- | | |
|-------------------|-------------------------------|
| 2 Cups Beans. | 2 or 3 Carrots, grated. |
| 2 Onions, sliced. | 3 or 4 Potatoes, sliced thin. |
| Salt. | Pepper. |

Soak beans over night, in the morning place beef bone in $\frac{1}{2}$ pot water, after it boils add beans well washed, boil for three hours then add carrots, onions, potatoes, salt and pepper, boil one hour longer keeping well stirred, strain and serve. Excellent if warmed up second day.

MRS. CARLETON.

CELERY SOUP

- | | |
|------------------|-------------------------|
| One Head Celery. | Butter size of an egg. |
| Two pints Water. | Salt and Pepper. |
| One Yolk Egg. | One gill Milk or Cream. |

Melt butter in pan, add celery and stir till every piece of celery is coated with butter, add water, pepper and salt, and boil (with lid off pan) till celery is soft, skim well as froth rises, rub all through sieve, return to pan and stir till boiling, have egg and cream mixed, pour boiling soup over and serve.

MRS. POTTINGER.

STOCK—FOUNDATION FOR ANY SOUP

- | | |
|-----------------------|--------------------|
| 4 lb knuckle of Veal. | 1 lb lean Beef. |
| 10 cups Cold Water. | 10 Pepper Corns. |
| 1 Small Onion. | 2 stalks Celery. |
| 1 Bay Leaf. | 1 Tablespoon Salt. |

Simmer four hours, strain into a basin and skim off fat when cold.

MRS. F. W. A.

TOMATO SOUP

- | | |
|------------------------------|-------------------------------------|
| 2 Cups Milk. | 1 $\frac{1}{2}$ Tablespoons Butter. |
| 1 Cup Tomatoes. | 1 Tablespoon Flour. |
| $\frac{1}{2}$ Teaspoon Soda. | $\frac{1}{2}$ Teaspoon Sugar. |
| Salt. | Pepper. |

Put milk in double boiler, mix flour and butter together and add to milk when boiling. Cook tomatoes twenty minutes in another pan, strain and add soda, sugar, salt and pepper, add to boiling milk and serve immediately.

MRS. W. C. FLINTOFT.

NORMANDY SOUP

- | | |
|--|---------------------------|
| One quart of liquor in which fowl has been boiled. | |
| One gill Cream. | 1 $\frac{1}{2}$ oz. Rice. |
| Salt. | Two yolks eggs. |
| | Pepper. |

Simmer rice in stock half an hour, rub through sieve, add pepper and salt, return to pan and bring to boil; add yolks and cream mixed, stir well and serve.

MRS. H. SMITH.

ONION SOUP

Two large onions, slice and stew in one quart of water, season with salt, pepper and butter. Serve with crackers same as oysters.

MRS. J. A. MOORE.

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MEN'S FURNISHINGS
CABRI, Sask.

SPLIT PEA SOUP

- | | |
|--------------------------|------------------------|
| 1 Cup Dried Split Peas. | 8 Cups Cold Water. |
| 2 Cups Milk. | 1 Small Onion. |
| 2 Tablespoons of Butter. | 1 Teaspoon Salt. |
| 2 Tablespoons Flour. | 2 inch Cube Salt Pork. |
| 1/4 Teaspoon of Pepper. | |

Soak peas over night, drain and add water, pork and onion sliced. Simmer till peas are very soft, rub through sieve, cream, butter and flour together and add to soup, add salt, pepper and milk. Re-heat and serve hot.

MRS. F. W. A.

GREEN PEA SOUP

- | | |
|--|------------------|
| One quart of liquor in which fowl has been boiled. | |
| 2 Pints Green Peas. | 3 Yolks of Eggs. |
| 1 Teaspoon Sugar. | 1 Sprig of Mint. |
| 1/2 Pint Cream. | Salt and Pepper. |

Cook peas with mint in stock till tender, rub through sieve, add salt, pepper and sugar, return to pan, add yolks and cream mixed, make very hot and serve.

MRS. HARRY SMITH.

TOMATO CREAM SOUP (quickly made)

- | | |
|---------------------------------------|--------------------|
| 2 Cups Sweet Milk. | |
| 1 Cup Canned Tomatoes (mostly juice). | 1 Teaspoon Butter. |
| Salt and Pepper to taste. | |

Put milk and butter in a pan. In a separate dish add the soda to the tomatoes, add just before milk boils also salt and pepper and let all come to a boil. Strain or not as you prefer and serve.

MRS. J. C. McCreary.

POTATO SOUP

Six large potatoes sliced and boiled in enough water to cover, season with salt and pepper, a small piece of butter and a cup of sweet cream or milk.

POTATO SOUP

- | | |
|-----------------------------|---------------------|
| 1 1/2 Cups Mashed Potatoes. | 1 Quart Sweet Milk. |
| 2 Sliced Onions. | 4 Teaspoons Butter. |
| 2 Teaspoons Flour. | 1/2 Teaspoon Salt. |

A few grains cayene pepper, celery salt and chopped parsley can be added if liked.

MRS. CARLETON.

POTATO SOUP

- | | |
|----------------------|----------------------|
| 3 Large Potatoes. | 4 Cups Milk. |
| 1 Onion. | 2 Stalks Celery. |
| 1 Teaspoon Salt | 2 Tablespoon Butter. |
| 1/4 Teaspoon Pepper. | 1 Tablespoon Flour. |

Cook potatoes and onion in salted water when soft, mash smooth and rub through a sieve, scald the milk with the celery, add the butter and flour creamed together, then add the prepared potatoes to the milk, season with salt and pepper, let come to a boil and serve at once.

MRS. F. W. A.

PARSNIP SOUP

Cut two parsnips in pieces, boil till tender, rub through a sieve, and return to the water in which they were boiled. Make a thickening of two tablespoons flour and 1/2 pint rich milk, stir in when soup boils, season with sugar, pepper and salt to taste.

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SCOTTISH PEA SOUP

- | | |
|------------------|---------------------------|
| 1 lb Split Peas. | 2 oz. Dripping or Butter. |
| 1 Small Carrot. | 1 Small Turnip. |
| 1 Onion. | A little Minced Parsley. |
| Salt and Pepper. | |

Wash peas well and soak over night with a small piece of soda. Put on to boil with three quarts cold water (soft if possible) and butter. When boiling skim well and add onion, boil for three hours, rub through a sieve, return to pot, add grated carrot and turnip, minced parsley, pepper and salt and bring to boil. A little milk and a teaspoon of curry powder may be added. Good made from a ham or roast beef bone.

MRS. POTTINGER.

HALIBUT SOUP

Rub three quarters of a cup of cold boiled halibut through a sieve. Scald a pint of milk with a slice of onion and a blade of mace. Remove the seasoning and add fish. Bind with one and a half tablespoons each of butter and flour cooked together, add salt, pepper and a tablespoon and a half of butter in small pieces.

MRS. W. C. FLINTOFT.

FISH SOUP

- | | |
|------------------------------|---|
| $\frac{1}{2}$ lb White Fish. | 1 Pint of Milk. |
| 1 Onion. | 1 Pint of Water in which Fish was boiled. |
| 1 Tablespoon Corn Starch. | 1 Tablespoon Chopped Parsley. |
| Salt and Pepper to taste. | |

Take half pound of left over boiled fish—any kind of nice white fish will do, 1 pint of water in which it was boiled. Bring liquor to boil, add onion finely chopped, parsley, and pepper and salt to taste, boil one hour then mix the corn starch with the milk and add also the cold fish broken up into nice flakes. Simmer five minutes and serve.

SCOTCH BROTH

- | | |
|-----------------------------------|------------|
| 1 lb Neck of Mutton. | 1 Turnip. |
| 1 oz Pot Barley. | 2 Carrots. |
| $\frac{1}{2}$ Pint Green Peas. | 2 Onions. |
| Small Cauliflower. 3 Pints Water. | |
| Salt and Pepper. | |

Put the meat in a pan with the water and salt, skim as soon as it boils, wash the vegetables and cut them up very small, break the cauliflower in small sprigs, put all vegetables except cauliflower and peas into the boiling liquor, cook gently 2 hours then add peas, cauliflower, pepper and more salt if needed and cook half hour longer. Remove meat and serve separately if liked.

MRS. HARRY SMITH.

CHICKEN CELERY SOUP

- | | |
|---------------------------------|-----------------------|
| 1 Pint Chicken Stock. | 1 Cup Chopped Celery. |
| $1\frac{1}{2}$ Pints Rich Milk. | Salt and Pepper. |

When boiling chicken save one pint stock, well boiled down. Cook celery in one pint of water and add this to the stock also the milk, salt and pepper. Heat well and serve.

MRS. J. C. McCREARY.

CRESSY SOUP

- | | |
|-----------------------|------------------|
| 4 or 5 Large Carrots. | 1 Quart Stock. |
| 1 Tablespoon Flour. | 1 Pint of Water. |
| Salt and Pepper. | |

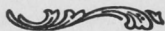
Cut up carrots and boil in one pint water till soft, rub through sieve and have the stock hot, add carrots, the water they were boiled in, and the flour mixed in a little of the water. Boil and season adding a little cayene pepper if liked. Pour into soup tureen over some chopped parsley and small pieces of toasted bread.

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Fish

BAKED FISH

Cleanse fish thoroughly, stuff with browned, buttered bread crumbs seasoned with sage, onion and salt and pepper. Dot with butter and bake fifteen minutes to the pound. Braise while hot with a sauce made of creamed butter, minced parsley, chives or olives and lemon juice.

MRS. ELMER GUMMESON.

THREE WAYS OF FRYING FISH

1st Way:— Fillet fish, wash and dry, dip in beaten egg, roll in bread crumbs and fry in boiling fat.

2nd Way— Dip first in milk, roll in flour and fry. Fat must be even hotter for this than when egged and bread crumbed.

3rd Way— Make a batter of flour, milk, a little salt and a pinch of baking powder, about the consistency of thick cream—dip fillets in this batter and fry.

MRS. POTTINGER.

BOILED FISH

Have sufficient boiling water to cover the fish, allow one tablespoon of salt to every two quarts of water and one dessertspoon of malt vinegar. Simmer gently allowing ten minutes to the pound of fish. When the skin has a curdled appearance it is ready. Drain well before serving.

FISH IN BECHAMEL SAUCE

1 lb Cooked Cod or Halibut.	Half Pint Milk.
1½ ozs. Butter.	1 Lemon.
1¼ ozs. Flour.	1 Gill Cream.

Cream butter and flour, add milk and bring to boil, add cream, salt and pepper and a good dessertspoon of lemon juice. Divide the fish in small pieces, warm in the sauce and dish inside a border of mashed potatoes. Garnish with yolk and white of hard boiled egg.

FISH BALLS

1 lb Cold Cooked Fish.	1 lb Cold Mashed Potatoes.
1 Tablespoon Parsley Chopped.	1 Egg (beaten).
1 Teaspoon Salt.	¼ Teaspoon Pepper.
4 Tablespoons Bread Crumbs.	

Remove all skin and bones from fish, mix with potatoes, parsley, pepper and salt, form into balls, dip in egg and bread crumbs and fry a golden brown in hot fat.

KEDGEREE

½ lb Cold Cooked Fish.	¼ lb Rice (boiled).
2 Eggs (1 hard boiled).	1½ ozs. Butter.
Salt and Pepper.	

Break fish into flakes, place the butter in a pan and when melted stir in the fish, rice, pepper, salt and the hard boiled white (chopped) add the other egg (well beaten), stir over fire till very hot, pile on hot dish. Rub the hard boiled yolk through a sieve and sprinkle over Kedgerree. Garnish with parsley.

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FISH AND POTATO PIE

4 or 5 Tablespoons of White Sauce. Salt.

1 lb Cooked Fish. 1 lb Mashed Potatoes.

Pepper. A few drops lemon juice if liked.

Mix fish, sauce and seasoning together, put in a deep dish, put potatoes on top, smooth over, mark with fork, put a few dabs of butter on top. Bake a nice golden brown and serve in the same dish.

DUTCH SAUCE

For any kind of Fish

1 oz. Butter.

$\frac{1}{2}$ Pint water.

Lemon Juice.

$\frac{1}{2}$ oz. Flour.

2 Yolks.

Salt and Pepper.

Melt the butter in a suacepan, stir in the flour, then the water, Boil for three minutes, beat in the yolks, and season with lemon juice, salt and pepper.

MRS. HARRY SMITH.

Meats**ROAST TURKEY**

Choose a young bird, dress, stuff and truss it, place in roaster in a hot oven to brown on all sides alike. Baste frequently with half cup of butter and one cup hot water, kept hot on back of stove. When browned roast more slowly and baste from roaster till bird is done. About twenty minutes to the pound after being browned.

DRESSING FOR TURKEY

1 Cup Butter.

2 Onions.

1 Teaspoon Pepper.

4 Cups Bread Crumbs.

1 Teaspoon Salt.

1 Teaspoon Sage.

Melt butter in frying pan, cut onion fine and fry slowly till brown, add bread crumbs, sage, pepper and salt, moisten with boiling water, stuff turkey while dressing is hot.

MRS. ERNEST GUMMESON.

ROAST GOOSE

Prepare goose, stuff the body of the bird well with sage and onion stuffing, tie the ends of the legs together. Cover with fat and roast slowly, allow twelve minutes to each pound. If not browning sufficiently, dredge with flour on the last half hour. When done dish bird, pour off fat from roaster, add to what is left one tablespoon flour, half pint stock made from the giblets, salt and pepper, boli up pour a little round the goose and serve remainder in sauce tureen. Serve with apple sauce.

MRS. POTTINGER.

SAGE AND ONION STUFFING FOR ROAST GOOSE

1 $\frac{1}{2}$ lb Onions.

3 ozs. Bread Crumbs.

$\frac{1}{2}$ Teaspoon Pepper.

1 Dessertspoon Minced Sage.

2 Teaspoons Salt.

Peel the onions, boil half hour, then drain and chop them, add sage, bread crumbs, salt and pepper and mix well.

DUCKLINGS ROASTED

Prepare ducklings, dust with sage, salt and pepper and stuff. Place in a covered baking dish or pan, add three cups water and bake until tender, uncover pan and brown. A few vegetables may be cooked in pan with ducklings, if desired. Serve with grape jelly.

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DRESSING FOR DUCKLINGS

1 Cup Mashed Potato. 1½ Cups Pine Nuts chopped.
 2 Teaspoons Grated Onion. 1 Teaspoon Salt.
 ½ Cup Grated Brown Bread Crumbs. ¼ Teaspoon Pepper.
 Butter size of Walnut. 1 Teaspoon Sage.
 A dust of paprika, and hot milk to mix, mix thoroughly and stuff ducklings.

MRS. ELMER GUMMESON.

CHICKEN EN CASSEROLE

Prepare a tender young chicken, place in casserole dish, add salt, pepper, a small piece of butter and 2 or 3 cups water. Cook in moderate oven till tender, remove chicken to another pan and brown, dish. Pour half a cup of the gravy in pan, set on fire, add heaping tablespoon flour and brown, pour over this the rest of the gravy and boil. Serve in gravy boat.

MRS. ELMER GUMMESON.

SWEET DRESSING FOR CHICKEN

1 Tablespoon Chopped Apple. 1 Tablespoon Currants.
 1 Tablespoon Chopped Onion. 1 Egg beaten.
 1 Tablespoon Bread Crumbs. Pepper and Salt.
 1 Tablespoon Raisins, seedless. 1 Teaspoon Sugar.
 The stomach and liver of the bird well washed and chopped.
 Mix all well together, moisten with the egg and use.

MRS. A. E. HENSCHALL.

STEAMED BEEF

Take four pounds lean beef, free from bone, cut some narrow strips of bacon and with a sharp pointed knife insert them into beef, making holes in steak for this purpose. Cut up three large onions, lay them in bowl, rub little salt over the beef and lay it on the onions. Place bowl in pan of boiling water and steam four hours. When served the meat will be deliciously tender and there will be plenty of rich gravy.

MRS. POTTINGER.

STEWED STEAK WITH TOMATOES

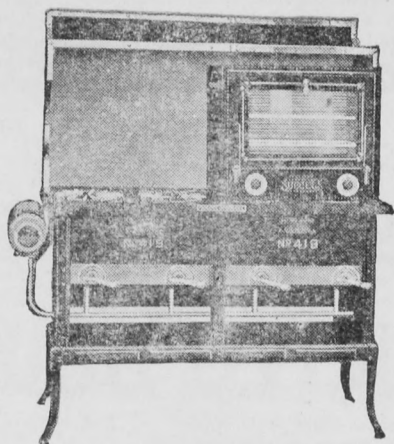
1½ lbs Steak. 3 Tomatoes.
 Pepper and Salt. A few biscuit Crumbs.
 Have the steak cut very thick and make 2 deep cuts in it, and fill with the crumbs. Put it in a sauce pan and cover with the tomatoes cut in slices, sprinkle a little pepper and salt over. Allow it to stew very slowly for two hours.

MRS. POTTINGER.

MEAT LOAF

1 lb Minced Beef. ½ lb Minced Pork.
 A little Veal if you have it. 1 Egg.
 2 Handfuls Bread Crumbs. ¼ Cup of Milk.
 Medium sized Onion. Salt and Pepper.
 Mix all together and shape. Sprinkle with bread crumbs, put in roaster with a little water and roast one hour. Heat one can of tomatoes with one bay leaf and mix with juice of meat loaf when done. Pour a little of this over meat loaf when served. Serve remainder in sauce dish.

MRS. JAMES A. STEWART.



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CABRI, Sask.

SHEPHERD PIE

Fill baking dish one-third full of chopped cooked meat, gravy, a little chopped onion, pepper and salt to taste. Cover with mashed potatoes, about twice as much potatoes as you have meat, butter the top and bake a nice golden brown.

MRS. HENRY McLEOD.

LITTLE MEAT ROLLS

Chop some cold cooked meat, season well and moisten with a little good gravy. Make a good rich biscuit dough, roll out thin and cut in four inch squares. Spread each piece with some of the meat mixture, and roll up lightly. Place close together in a greased pan, brush the tops with milk and bake in a quick oven. Serve with gravy.

MRS. W. C. FLINTOFT.

SUET PASTRY

12 ozs. Flour. 5 ozs. Suet.
A little Salt. 1 Teaspoon Baking Powder.
Equal quantity of Milk and Water.

Shred the suet very finely and add to the flour and baking powder, mix in the salt and use enough milk and water to bind, roll out and use. Suet pastry requires to be well cooked.

MRS. HARRY SMITH.

BEEF STEAK PUDDING

1½ lbs Round Steak. 1½ Gills Stock or Water.
1 Teaspoon Salt. ¼ Teaspoon Pepper.
¾ lb Suet Pastry.

Cut the steak into thin pieces, mix together the flour, salt, and pepper; dip each piece of meat in it and roll up with a tiny piece of fat in each. Line a basin with 2-3 of the pastry, put in the meat, pour in the stock or water, cover with remainder of the pastry. Cover the pudding with a greased paper, or floured cloth, and steam from three to four hours.

BEEF STEAK PIE

2 lbs Round Steak. 1 Tablespoon Flour.
¼ Teaspoon Pepper. 1 Teaspoon Salt.
½ Pint Stock or Water. ½ lb Rough Puff Pastry.

Cut the meat in thin slices, mix together the flour, salt and pepper, roll each slice in it and roll up with a tiny piece of fat in each. Place the rolls in a deep pie dish, and add the stock or water, a minced onion may be added or ¼ lb of ox kidney may be cut up and added if liked. Cover the pie with the pastry and ornament it. Bake in a moderately quick oven about two hours. When the pastry is brown enough put it in a cooler part of the oven to cook the meat, and place a piece of kitchen paper over it; more gravy should be added when the pie is cooked.

ROUGH PUFF PASTRY

½ lb Flour. 6 ozs. Butter.
Pinch of Salt. 1 Gill Cold Water.
Yolk of Egg. ½ Teaspoon Lemon Juice.

Mix the flour and salt on a board, cut up the butter amongst in rough-sized pieces, make a hole in the centre, mix together the cold water, egg, and half the lemon juice. Stir it into the flour, gather together, roll out, being careful to roll always one way, fold into three, turn it half way round and roll out again, repeat until the pastry has been rolled four times, then sprinkle over the remainder of the lemon juice, fold again, roll the pastry out and use. Lard may be used instead of butter or half lard and half butter.

C. W. GIMBY & SON

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CABRI, Sask.

IRISH STEW

- | | |
|------------------------------|--------------------------------|
| 2 lbs Neck Mutton. | 2 lbs Potatoes. |
| $\frac{1}{2}$ Teaspoon Salt. | $\frac{1}{4}$ Teaspoon Pepper. |
| $\frac{3}{4}$ Pint Water. | 2 or 3 Onions. |

Divide the meat into neat pieces and cut away some of the fat. Put a layer at the bottom of the stew-pan, then a layer of potatoes sliced, a layer of onions sliced, sprinkle with pepper and salt, add another layer of meat, then another of potatoes, and so on until the pan is full, having potatoes for top layer. Pour over the water and simmer one and half to two hours, keeping the pan closely covered all the time.

POTATO HASH

Take left-over scraps of cooked meat and put through meat chopper. Chop up three or four onions and any left-over potatoes. Mix all together, season with salt and pepper, pack in pudding pan and bake from three-quarters to one hour. A nice supper dish and can be got ready after dinner and set aside till time to bake for supper.

MRS. CARLETON.

MEAT AND EGGS
For Supper or Breakfast

- | | |
|------------------|------------------------------|
| 1 Onion. | Any left-over Meat. |
| Pepper and Salt. | A little Dripping or Butter. |
| Eggs. | Gravy or Water. |

Melt butter in frying pan, add onion chopped, and brown nicely, add meat which has been put through chopper, seasoning and gravy or water, thicken with a teaspoon of flour. When it boils break in as many eggs as you require (whole) put a lid on frying pan and set at back of stove till eggs set. Cold left-over fish can be used in the same way leaving out the onion and using milk instead of gravy or water.

MRS. HARRY SMITH.

SAVORY RICE

Mix the following ingredients in the order given: 2 cups boiled rice, 1 medium sized onion, $\frac{3}{4}$ cup minced ham, 1 cup canned tomatoes a few grains cayenne pepper, salt and pepper to taste. Place in a buttered baking dish, cover with crackers or bread crumbs, dot with butter, and bake half an hour in a moderate oven. A teaspoon of Worcester sauce may be added if desired.

MRS. W. C. FLINTOFT.

EXETER STEW

- | | |
|--------------------------------|------------------------------|
| 2 lbs Lean Beef. | 1 $\frac{1}{2}$ Pints Water. |
| 1 $\frac{1}{2}$ ozs. Dripping. | 1 $\frac{1}{2}$ ozs. Flour. |
| 2 or 3 Onions. | 2 Tablespoons Vinegar. |
| Salt and Pepper. | |

For the Savoury Balls.

- | | |
|---------------------------------|---|
| 4 ozs. Flour. | 1 $\frac{1}{2}$ ozs. Finely Chopped Suet. |
| 1 Teaspoon Salt. | 1 Tablespoon Chopped Parsley. |
| 1 Teaspoon Mixed Herbs. | $\frac{1}{4}$ Teaspoon Baking Powder. |
| $\frac{1}{2}$ Saltspoon Pepper. | |

Cut the meat into eight or ten pieces, put them into sauce pan with the vinegar, place sauce pan at the back of the stove, make the dripping hot in a frying pan, fry the sliced onions and flour till brown, add water and boil up, pour it over the meat, season, cover closely and cook gently for three hours. Mix ingredients for savoury balls together add water to bind into stiff mixture, shape into balls. About forty minutes before serving; drop in the balls and simmer forty minutes. Pile the meat in centre of a hot dish, strain the gravy over and arrange balls neatly round base.



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SCOTTISH POTTED HOUGH**A nice Supper Dish.**

Put two pounds shin beef in sauce pan with one pint of water and a little salt, skim well when it boils, put on lid and set on stove where it will simmer gently until meat falls apart. Take out meat and put through chopper, return to sauce pan and flavour to taste. Grease a nice mould very slightly with butter, decorate with slices of hard boiled egg and nicely shaped small pieces of boiled beet. Pour in the meat and set aside to form. Turn out on platter, decorate with parsley and serve.

MRS. HARRY SMITH.

HAM AND EGGS

Prepare thin slices of fried or boiled ham and serve a poached egg on each one.

BACON AND EGGS

Cut bacon in thin slices and fry, when bacon is fried, fry eggs in same pan. Break each egg separately and fry. Dish each egg on a slice of bacon. Two or three tomatoes sliced and fried after eggs, improves this dish, or take two nice apples, core and slice them without paring, fry in the bacon fat and dish around bacon and eggs. A great improvement.

MRS. WM. ROBERTS.

TOAD IN A HOLE

1 lb Cold Meat.

1 Egg.

 $\frac{1}{2}$ Teaspoon Salt.

4 ozs. Flour.

 $\frac{1}{2}$ Pint of Milk.

Dripping.

Cut the meat into six or seven pieces, make a smooth batter of the flour, egg, salt, and milk, let it stand half an hour. In a small roaster melt sufficient dripping to make a layer on bottom of pan, pour in quarter of batter and bake until slightly set. Season pieces of meat well with pepper and dust of salt if necessary, place them in the pan, pour in the rest of the batter and bake half an hour in a hot oven or until batter is nicely browned.

CANNING MEAT

Requirements: Absolute cleanliness. Quickness in steps of canning. Careful testing of jars and rubbers, (never use old rubbers). A container large enough to hold the number of jars to be sterilized at one time—a wash boiler is commonly used.—Then, 1st, Tight fitting cover for boiler. 2nd, Rack or perforated platform to raise jars off bottom of boiler. 3rd, Have water cover jars by one inch. 4th, Count time as soon as water begins to boil good. 5th, Remove jars from water as soon as time is up and tighten covers.

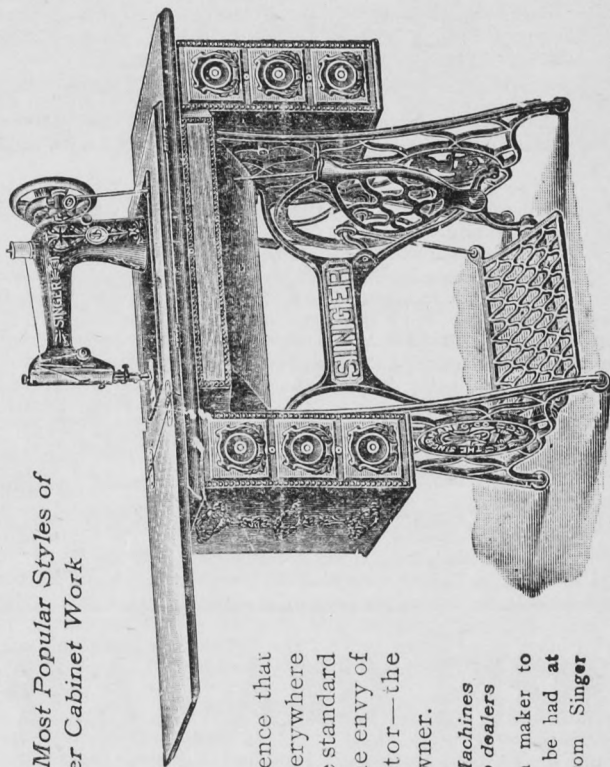
Any type of jars that tests properly may be used. The directions all refer to partial sealing of jar. This means putting on and adjusting cover. Screw top jars have covers screwed on tight, then turn back one quarter turn. Fasten only top spring on glass top jars; leave bottom one loose. Complete sealing is done as soon as jars are removed from boiler.

Obtain fresh beef, remove gristle, bone and excessive fat, cut into pieces about $\frac{3}{4}$ lb weight, and roast or boil slowly for half an hour. Cut into small pieces and pack directly into hot glass jars; fill with gravy from the roasting pan or pot liquid boiled down to one half volume; partially seal jars, sterilize three hours—or the beef may be plunged into boiling water; then into cold water and packed immediately into hot glass jars; omit adding liquid. Partially seal jars, sterilize three and half hours. Pork and mutton may be canned in either of the above ways.

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POTATO DRESSING FOR CHICKEN

Boil and wash two or three potatoes, add one or two minced onions, some summer savory, a piece of butter size of an egg, salt and pepper, or can be made with one-third bread crumbs if preferred.

MRS. J. A. MOORE.

(KALOASKIES) OR PIGS IN BLANKETS

2½ lbs Fairly Fat Pork, (either fresh or salted).

½ Cup of Rice.

1 Onion.

Salt and Pepper.

Put pork through food chopper, add rice which has been well washed and the onion chopped, salt and pepper to taste, mix thoroughly and form into balls with hands. Roll each ball in a cabbage leaf and stew from two and half to three hours in about an inch depth of boiling water.

MRS. A. F. HENSCHEL.

COLD MEAT

1 lb Lean Steak.

¾ lb Lean Ham.

1 Egg.

1 Cup of Bread Crumbs.

Salt and Pepper to Taste.

Add a little nutmeg if desired. Put steak, ham, and bread through chopper, add egg well beaten, also salt and pepper. Grease a mould and fill with mixture, steam for four hours and cool. Nice for sandwiches or cold lunch.

MRS. W. A. STEPHENSON.

Vegetables and Salads**TIME TABLE FOR BOILING VEGETABLES**

Peas, tomatoes, rice, green corn, spinach, from fifteen to twenty minutes. Asparagus, cauliflower, squash, celery, macaroni, potatoes, cabbage, from twenty to thirty minutes. Carrots, onions, turnips, beets, beans, parsnips, from twenty to fifty minutes.

BOSTON BAKED BEANS

4 Cups Beans.

¼ lb Salt Pork.

¼ Cup Molasses.

1 Teaspoon Mustard.

Soak beans in cold water over night. In morning put in fresh water and simmer till soft, then put into bean pot, add pork, mix mustard with molasses and fill up with boiling water. Let bake for four hours.

MRS. J. C. McCREARY.

CARROTS and PEAS EN CASSEROLE

1 Pint Shelled Peas.

1 Pint Diced Carrots.

1 Tablespoon Butter.

½ Teaspoon Salt.

Scant Teaspoon Sugar. Pepper. Cup Warm Water.

Put in casserole, cover and bake till tender (about fifty minutes). A little cream sauce may be added before serving if desired.

MRS. ELMER GUMMESON.

POTATO PUFF

Two cups mashed potatoes and two tablespoons of melted butter, beaten to a white cream, add flavoring of salt and pepper and one egg also well beaten, and one cup rich milk. Beat all together, Bake in a buttered dish in a hot oven till nicely browned. Serve hot.

MRS. J. A. MOORE.

BAKED POTATOES

Cleanse thoroughly, oil or butter the skins and bake slowly. Cooked in this way they will be dry and mealy and should be eaten skins and all.

MRS. ELMER GUMMESON.

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Cabri, Sask.

STEWED GREEN PEAS

1 Pint Shelled Green Peas.

1 Head of Lettuce.

1 Large or 2 Small Onions.

Place the peas in a sauce pan, add the onion sliced and lettuce cut fine, salt and pepper, two tablespoons each of sugar, butter and water. Cover closely and stew gently for one hour or more.

MRS. J. A. MOORE.

CORN -IN SHUCK

Strip off the outer shuck from the tender ears of corn, wrap the top end with a thread to prevent the shuck from opening, cook ten or fifteen minutes. Serve in the shuck.

MRS. ELMER GUMMESON.

CABBAGE, LADIES!

Firm White Cabbage.

Large Egg.

Fine Bread Crumbs.

Tablespoon Melted Butter.

Very Little Milk.

Pepper and Salt.

Boil cabbage in two waters and let it get cold, cut up very fine, add egg slightly beaten, melted butter, seasoning, and milk; mix well, put in buttered dish, strew with crumbs and bake covered half hour. Remove cover and brown. Serve hot.

BAKED CAULIFLOWER

Wash cauliflower thoroughly and boil until tender, drain and dish in vegetable dish, pour white sauce over, sprinkle over some grated cheese and bread crumbs, a little cayenne pepper and salt, dab some butter on top and bake till it is a nice brown. —Other vegetables such as green peas, beans, onions, parsnips and vegetable marrow may be prepared in the same way.

CARROTS IN THEIR OWN JUICE

Scrape carefully and cut in thick slices, place in just enough water to cover and stew until tender. Let most of water evaporate by leaving lid of a little after they are tender. Dredge the carrots with flour and a little pepper and salt, and add a piece of butter, toss gently in the pan till they are coated with their own thickened juice, when they are ready for serving.

POTATO BALLS

Cold Potatoes.

Small Piece of Butter.

Pepper and Salt.

Yolk of Egg, if liked.

Work potatoes and butter together till smooth. Bind together with the egg yolk and a little milk. Flour has been used form into balls free from cracks. Brush over with beaten egg, to which has been added the pepper and salt and toss in bread crumbs. Leave them a few minutes before frying. Fry in boiling fat three or four minutes.

MRS. HARRY SMITH.

FRIED ONIONS

Peel, wash and cut the onions length-wise, flour them and fry for five or six minutes, sprinkle with pepper and salt.

MRS. WM. ROBERTS.

HOT POTATO SALAD

2 Tablespoons Flour.


Butter the size of a small egg.

Melt the butter and brown with the flour. Then add water to make like a thick cream, add salt and pepper to taste and three tablespoons vinegar. Use about one quart potatoes, boil with their jackets on, peel and slice while hot, slice one small raw onion with potatoes; mix potatoes and hot dressing. Garnish with hard boiled eggs and serve hot.

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FRIED TOMATOES

Dip thin slices of ripe tomatoes into flour; salt and pepper them and fry in butter or lard until brown.

MUSTARD DRESSING FOR POTATO SALAD

4 Yolks raw. 1 Tablespoon Butter.
1 Teaspoon Mustard. 6 Tablespoons Sugar.
 $\frac{1}{2}$ Cup Vinegar. $\frac{1}{2}$ Teaspoon Salt.

Mix all well together and boil. Can be kept a long time in a sealer. When using mix with an equal quantity of rich cream.

MRS. A. E. HENSCHEL.

HOT SLAW

Cut a hard white head of Cabbage in two pieces, shave one piece as fine as possible, put into stew pan with a piece of butter size of an egg, one teaspoon salt and nearly as much pepper, add half teacup water, one cup vinegar, cover the stew pan and cook the cabbage until it is tender. Stir frequently while cooking.

MRS. WM. ROBERTS.

SALAD DRESSING

Bring to boil one cup vinegar, two-thirds of cup sugar and one tablespoon butter. Beat together one cup sour cream, one egg and one heaping teaspoon flour and add. Boil five minutes. Before removing from fire add one teaspoon each, salt, pepper and mustard.

MRS. HENRY McLEOD.

BEET SALAD

$\frac{1}{2}$ doz. Beets. Vinegar. Celery.
Cucumbers (chopped). Lettuceleaves. Parsley.

Boil the beets, peel while warm, cut off stem end and scoop out centre, cover with vinegar and let stand all night. When required, fill the beets with equal parts of cucumber and celery chopped fine. Place each one on a lettuce leaf, pour over it a boiled salad dressing and sprinkle with chopped parsley. Very good.

MRS. HARRY SMITH.

BOILED SALAD DRESSING

1 Cup Vinegar. 1 Teaspoon Mustard.
4 Eggs (yolks only). $\frac{1}{2}$ Teaspoon Salt.
2 Tablespoons Sugar. 1 Tablespoon Flour.

Bring vinegar to a boil, add the other ingredients mixed to a smooth paste, boil and cool. When ready to use add one cup of cream.

MRS. L. TREMBATH.

MAYONNAISE DRESSING

Put yolks of two eggs in a dry bowl, beat well with a fork, add olive oil and lemon juice slowly drop by drop while beating, add paprika or red pepper and salt to taste. Whip until stiff. The bowl and all ingredients should be thoroughly chilled.

MRS. ELMER GUMMESON.

FRUIT SALAD

1 Cup Oranges. 1 Cup Bananas.
1 Cup Green Grapes. 1 Cup English Walnuts.

Dressing—Half cup vinegar, fill with water (cold) add small piece butter, three teaspoons sugar and pinch of salt. Set on stove. Beat yolks of two eggs add quarter teaspoon of mustard, stir into the vinegar and boil. Set it to cool, when cold stir in half cup sweet cream. Stir in the fruit, serve on lettuce leaves.

MRS. I. J. ROBINSON.

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APPLE and ONION SALAD

1 Cup Apples chopped fine. $\frac{3}{4}$ Cup of Vinegar.

1 Cup of Onions chopped fine. Brown Sugar.

Add enough water to the vinegar to cover apples and onions, brown sugar to taste. MRS. CARLETON.

CABBAGE SALAD AND DRESSING

Salad—One quart chopped cabbage and three or four hard boiled eggs. Dressing—One cup vinegar, one egg, one heaping teaspoon mustard, three tablespoons sugar, 1 large tablespoon butter, $\frac{1}{4}$ teaspoon each of salt and pepper, 1 cup cream or milk. When vinegar boils, put in cream and egg, let cool, pour over cabbage, then put in the hard boiled eggs sliced thin. MRS. POTTINGER.

TOMATO SALAD

Scald and peel the tomatoes, then put on a dish a layer of sliced tomatoes and a layer of chopped celery until the dish is full; pour over all a French dressing of 1 tablespoon vinegar, 3 tablespoons olive oil, one salt spoon pepper and salt spoon salt; add a little cayenne pepper if liked. MRS. POTTINGER.

VICTORIA SALAD (for tea)

Cut some new brown bread in thin slices and butter, spread with any kind of meat or fish paste. Cut into squares, sprinkle with a little chopped cress and roll up. Stand each upright in a little ring of raw cucumber. Put a radish on top of each.

MRS. HARRY SMITH.

APPLE and CUCUMBER SALAD

Equal quantities of sliced apples and cucumbers, lemon juice, salt and pepper, whipped cream. Season the apples and cucumbers with pepper and salt and sprinkle with lemon juice. Stir in a little whipped cream and pile in a salad bowl.

ENGLISH SALAD

Shredded lettuce, watercress, mustard and cress, sliced radishes, a few spring onions finely sliced, sugar, salt, pepper, equal parts oil and vinegar, sliced tomatoes. Mix together the lettuce, cress, radishes and onions, add a little sugar and a seasoning of salt and pepper to the oil and vinegar, pour it over the salad, and serve garnished with sliced tomatoes. MRS. HARRY SMITH.

Puddings and Desserts

JOHN BULL'S OWN PLUM PUDDING

1 lb Suet. 1 lb Moist Sugar. 1 lb Mixed Candied Peel.

1 lb each, Raisins, Currants and Sultanas.

$\frac{1}{2}$ lb Bread Crumbs. $\frac{1}{2}$ lb Flour. Teaspoon Salt.

Teaspoonful Mixed Spice. 8 Eggs.

Mix all in following order: Flour, salt, spice, sugar, fruit, peel, bread crumbs, beat eggs for ten minutes and pour over the mass. Stir for twenty-five minutes until thoroughly mixed. Butter a mould and fill it. Tie the pudding down and boil for thirteen hours.

MRS. JAMES MACKIE.

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A GOOD PUDDING

1 Cup Flour. 2 Cups Bread Crumbs. $\frac{1}{2}$ Cup Brown Sugar.
 Rind $\frac{1}{2}$ Lemon (grated). Teaspoon Ginger (heaping).
 $\frac{1}{2}$ lb Suet (shredded). $\frac{1}{4}$ lb Mixed Peel Juice 1 Lemon.
 $\frac{1}{2}$ Teaspoon Cinnamon. $\frac{1}{2}$ Teaspoon Nutmeg.
 Teaspoon Baking Powder. 2 Eggs well beaten.

Mix all dry ingredients, add eggs well beaten and a small quantity milk if too dry. Add baking powder last. Place in pudding cloth and boil three hours. Turn out, sprinkle with white sugar and serve with sweet sauce.

MRS. WM. STEPHENSON.

BREAD AND BUTTER PUDDING

Fill a dish with alternate layers of thin bread and butter and currants, the top being currants, whisk three eggs, add one and half pints of milk, a little lemon peel or vanilla and sugar to sweeten, pour over the bread and bake for one hour.

PLAIN PLUM PUDDING (Egg'less)

3 Cups Flour. 1 Cup Milk. 1 Cup Molasses. Cup Suet.
 1 Cup Raisins. 2 Teaspoons Cream of Tartar.
 $\frac{1}{2}$ Teaspoon Soda. Teaspoon Cinnamon. Teaspoon Cloves.
 1 Teaspoon Nutmeg.
 Boil or steam three or four hours.

APPLE PUDDING

Stew six large apples, while hot add butter the size of an egg; when cold add one cup fine cracker crumbs, yolk of three eggs well beaten, one cup sweet cream, a little salt, nutmeg and sugar to taste. Bake in Pastry, when done make an icing of the whites of eggs and half cup sugar, spread on and return to oven to brown.

MRS. POTTINGER.

SNOW PUDDING

Put about two and half cups of water in a sauce pan over the fire, add three-quarters cup of sugar, when boiling thicken with corn starch, have ready the white of an egg beaten stiff, remove the sauce pan and add the egg, whip up quickly for half a minute, pour into a mould to set. Serve with the juice of fruit or jelly.

MISS MARR.

APPLE HEDGEHOG

Take one and half apples, three ounces sugar, two ounces almonds, one and quarter teaspoons ground cinnamon, peel, core and slice the apples and pack them closely with the sugar and cinnamon in a plain mould, add a very little water, cover the mould and cook in a slow oven for three hours or until tender, when quite cold turn out in a glass dish. Blanch the almonds and cut in strips and stick them all over the shape. Serve either with custard or whipped cream.

MISS MARR.

CARROT PUDDING

1 Cup Grated Carrots. 1 Cup Grated Potatoes.
 1 Cup Suet. 1 Cup Raisins. 1 Cup Currants.
 1 Cup Brown Sugar. 1 Teaspoon Soda 1 Cup Flour.
 1 Teaspoon Mixed Spices. Boiling water to dissolve Soda,
 Mix thoroughly and steam three or more hours. Serve with sauce.

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INDIAN AND APPLE PUDDING

Sift $\frac{1}{2}$ cup cornmeal slowly into 2 cups of scalded milk, stirring constantly. Cook in double boiler 30 minutes, stirring occasionally. Add $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{4}$ cup molasses. Slice apple and add to pudding. Bake 1 hour in greased baking dish in a slow thin custard.

MRS. W. C. FLINTOFT

CHOCOLATE PUDDING (cold)

1 Quart Milk 3 Tablespoons Sugar

4 Tablespoons Corn Starch 2 $\frac{1}{2}$ Tablespoons Chocolate

Scald milk and add other ingredients, cook a few minutes, pour in mould, set on ice. Serve with cream.

MRS. F. W. A.

BANANA FRITTERS

1 Pint Sweet Milk 2 Eggs

1 Teaspoon Soda 2 Teaspoons Cream of Tartar

Flour enough for a stiff batter. Slice bananas, dip in batter and fry in hot lard.

APPLE AND BREAD CRUMBS PUDDING

Pare, core and slice apples. Put a layer in bottom of a deep pudding dish, then a layer of bread crumbs and sugar, a few drops of lemon juice if liked; another layer of apple and another of bread crumbs and sugar and so on till dish is full, having bread crumbs and sugar on top. Take 2 ozs. butter and dot over top and bake $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. Serve with sweet sauce.

DANDY PUDDING

2 ozs Flour 2ozs. Butter

2 Tablespoons Strawberry Jam 2 Eggs

$\frac{1}{2}$ Teaspoon Soda

Beat butter to a cream, dredge in flour, add eggs and baking soda, and lastly the jam. Mix well, pour into buttered mould. Steam 1 hour. Serve with sweet sauce.

MRS. C. GOLIGHTLY

TEA CUP PUDDING

1 Teacup Raisins 1 Teacup Currants

1 Teacup Sugar 1 Teacup Flour

1 Teacup Suet 1 Teacup Bread crumbs

2 Eggs (well beaten) A little Milk

Lemon or Nutmeg Flavoring

Mix dry ingredients, bend with eggs and milk, add flavoring Mix well. Boil 3 hours. Serve with sweet sauce.

FAIRY PUDDING (Lemon)

4 Tablespoons Corn Starch 2 Eggs

1 Quart Water 1 Lemon

Sugar to taste Pinch of salt

Have 1 quart of water boiling in saucepan, stir in the corn starch which has been dissolved in a little cold water. Boil a few minutes stirring all the time. Draw to one side and add about 1 cup of sugar, a pinch of salt and the juice and grated rind of the lemon. Mix well and add the stiffly beaten whites. Beat well and pour into a wetted mould and set aside to cool. It may be coloured pink by adding a few drop of cochineal before pouring in mould. Serve with custard made as follows: Beat the 2 yolks in a basin with a pinch of salt and a heaping teaspoon of sugar, pour over them 1 pint of scalding milk, return to saucepan and stir over fire till mixture coats spoon. Remove from fire. Flavor with vanilla. Pour into basin again and stir occasionally till cool. Then add $\frac{1}{2}$ cup thin cream and serve with pudding.

MRS. HARRY SMITH

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GRAHAM PUDDING

- | | |
|-----------------------------|---------------------------------|
| $\frac{1}{2}$ Cup Molasses, | $1\frac{1}{2}$ Cup Graham Flour |
| $\frac{1}{4}$ Cup Butter, | $\frac{1}{2}$ Cup Sour Milk, |
| 1 Egg (beaten), | 1 Cup Raisins |
| 1 Teaspoon Soda. | |

Mix well. Steam 3 hours. Serve with Sauce.

SAUCE FOR STEAMED PUDDINGS

- | | |
|----------------------|----------------------|
| 2 Tablespoons Flour, | 2 Tablespoons Sugar, |
| 1 Tablespoon Butter, | |

Rub well together, add boiling water to make desired thickness and flavour to taste.

MRS. F. W. A.

SUET PUDDING

- | | |
|-----------------|------------------|
| 1 Cup Raisins, | 1 Cup Sour Milk |
| 1 Cup Suet, | 1 Cup Molasses |
| 3 Cups Flour, | 1 Teaspoon Soda, |
| Salt and Spices | |

Mix well and Steam 2 hours.

STEAMED CHOCOLATE PUDDING

- | | |
|---|---------------------------|
| $\frac{1}{2}$ Cup Butter, | $\frac{1}{2}$ Cup Sugar, |
| 1 Cup Milk, | $2\frac{1}{4}$ Cups Flour |
| $4\frac{1}{2}$ Teaspoons Baking Powder, | 1 Egg, |
| 1 Square Melted Chocolate | |

Cream butter and sugar, add egg well beaten and mix well. Add baking powder to flour and add flour and milk alternately to pudding. Stir in melted chocolate. Pour in buttered mould. Steam 2 hours.

MRS. HENRY McLEOD.

GOLD PUDDING

- | | |
|------------------------------|---------------------|
| 2 Cups Flour, | 1 Cup Sugar |
| 3 Yolks of Eggs, | 1 Cup Milk, |
| $\frac{1}{2}$ Teaspoon Salt, | 1 Cup Raisins |
| 3 Teaspoons Baking Powder | 1 Tablespoon Butter |

Beat yolks well, add butter and sugar and beat again. Mix baking powder with flour and add it and milk alternately. Add salt and raisins. Mix well. Steam 2 hours. Serve with sauce.

MRS. WM. ROBERTS

STEAMED FRUIT PUDDING

- | | |
|-----------------------------------|-------------------------|
| $2\frac{1}{2}$ Cups Bread Crumbs, | 1 Cup Suet, |
| 1 Cup Brown Sugar | 1 Cup Raisins |
| 1 Cup Currants, | 1 Cup Sour Milk |
| 1 Teaspoon Soda | A little black Molasses |

Spices to taste. Flour enough to make a thick batter. Mix well. Steam 2 to 3 hours.

RHUBARB PUDDING

Butter thin slices of dry bread. Lay in bottom of a deep pudding dish, then a layer of rhubarb cut in small pieces, sprinkle with sugar, then another layer of buttered bread and another of rhubarb, and sugar, and so on until as deep as you wish, with a layer of buttered bread on top. Cover closely and bake $\frac{3}{4}$ of an hour. Serve cold with a syrup of sugar, butter and little water.

MRS. J. A. MOORE

PRUNE PUDDING

- | | |
|--------------|--------------|
| 1 Cup Prunes | 2 Egg Whites |
| 1 Cup Sugar | |

Stew, stone and chop prunes. Whip the egg whites stiff, add the sugar, beat well and mix with the prunes. Bake in a buttered mould in slow oven about 30 minutes. Serve with whipped cream or thin custard.

MRS. WM. ROBERTS

MOTHER EVE'S PUDDING

Take 4 large apples, pare, slice and put in a buttered pie dish, add sugar to taste. Take 2 eggs, their weight in butter, sugar and flour, (that is 4 ozs of each). Beat butter and sugar to a cream, add flour, then well-beaten eggs. Pour over apples and bake 40 or 50 min.

APPLE FRITTERS

1 Pint Sweet Milk

3 Eggs

2 Cups Flour

Pinch of Salt

Beat all well together. Pare and core 4 apples, cut in slices, dip in the batter and fry in hot lard. Drain and sift sugar over and serve.

UNCLE TOM'S PUDDING $\frac{1}{2}$ lb Flour

1 Egg

 $\frac{1}{4}$ Cup Sugar $\frac{1}{2}$ Teaspoon ginger $\frac{1}{4}$ lb suet chopped $\frac{3}{4}$ Teacup Milk $\frac{3}{4}$ Teacup Molasses $\frac{1}{2}$ Teaspoon Soda

Mix all well together, grease mould and steam 2 hours. Serve with sauce.

MRS. HARRY SMITH

CHRISTMAS PUDDING

1 lb Currants

1 lb Sugar

1 lb Apples

6 Eggs

1 lb Raisins

1 lb Suet

1 lb Breadcrumbs

A few Almonds

1 lb Sultanas

1 lb Flour

 $\frac{1}{2}$ lb Mixed Peel

Brandy if liked

Chop suet, apples peel and almonds, mix all the ingredients well together, adding nutmeg and spice to taste. Boil 6 hours.

RAILWAY PUDDING

1 Teacup Flour

1 Teacup Sugar

1 Egg

1 oz. Butter

1 Teaspoon Baking Powder

 $\frac{1}{2}$ Gill Milk

Mix well. Bake in a flat tin in a quick oven for 20 minutes. Put Jam on one half, fold over and serve hot.

MRS C. GOLIGHTLY

APPLE DUMPLING (boiled) $\frac{3}{4}$ lb Flour

1 Teaspoon Baking Powder

Pinch of Salt

5 ozs. Suet, finely chopped

Apples, Sugar

Cold Water

Put flour, salt and baking powder in a basin, mix well to a nice consistency with cold water, roll out to $\frac{1}{2}$ inch. thickness, line a buttered pudding basin with pastry. Peel, core and cut up the apples to fill the bowl, adding sugar to taste. Cover with pastry 1 inch thick. Pinch round edges. Cover with buttered paper and steam 2 $\frac{1}{2}$ hours.

APPLE DUMPLING (baked)

6 Apples

5 ozs. Lard

1 Teaspoon Baking Powder

12 ozs. Flour

1oz. Sugar

Salt

Pare and core apples without cutting them up. Rub flour and lard. Add salt and baking powder. Mix to a firm paste with cold water, cut into 6 piece. Roll them out large enough to hold an apple, place the apple in the middle, fill the cavity (made by coring) with sugar, wet edges of paste with water, close over the apple. Place on greased tin and bake $\frac{1}{2}$ an hour.

MRS HARRY SMITH

SUMMER MINCE PIES

1 Cup Raisins

1 Cup Sugar

1 Cup Molasses

1 Cup Currants

1 Cup Vinegar (weak)

1 Cup Rolled Crackers

Add cloves, cinnamon and nutmeg to taste. Scald all together.

MRS. HENRY McLEOD

MINCE MEAT

- | | |
|---|-----------------------------|
| 3 Bowls, chopped Cooked Meat | 1 Bowl Vinegar |
| 5 Bowls Apples | $\frac{1}{2}$ Bowl Molasses |
| 1 Bowl Suet | 1 Bowl Water or cider |
| 2 Bowls of Raisins or Current and Raisins | 4 Bowls Sugar |
| 2 Tablespoons Cinnamon | - Tablespoon Cloves |
| 1 Tablespoon Salt | 1 Tablespoon Pepper |

Boil all, but meat, together until tender, then add meat, bring to a boil and can. This will keep indefinitely.

MRS. HENRY McLEOD.

GREEN TOMATO MINCE MEAT

Chop 1 peck green tomatoes (food grinder does nicely) Drain off juice and throw away, Add as much hot water as juice, 6 lbs. brown sugar, 3 packages seedless raisins, 2 teaspoons each of cinnamon, mixed spices and salt, 1 cup of vinegar. Boil slowly till nice and thick, can and seal. It will keep splendidly..

Add 1 $\frac{1}{2}$ lbs. finely chopped suet and $\frac{1}{2}$ peck chopped apples or any other fruit or jelly desired when needed for pies.

MRS. J. C. McCREARY

VEGETERIAN MINCE MEAT

- | | | |
|---|------------------------------|-----------------------------|
| 1 lb Apples | $\frac{1}{2}$ lb Grapes | $\frac{1}{2}$ lb Raisins |
| $\frac{1}{2}$ lb Currants | $\frac{1}{4}$ lb Brown Sugar | $\frac{1}{4}$ lb Mixed Peel |
| Grated Lemon or Oranges rind and juice. | | |
| $\frac{1}{4}$ Teaspoon Cinnamon | Pinch of Salt | |

Skin and stone the grapes, put pulp in a basin and press well with a wooden spoon, add the other ingredients, apples and raisins chopped. Mix very thoroughly. Can and seal. The grapes are used instead of suet. They make the mince meat more luscious and yet more digestable than if suet is only cooked 20 minutes or $\frac{1}{2}$ an hour when pies are baking. If to be eaten cold, they are also much nicer without the suet.

MRS. HARRY SMITH

APRICOT TRIFLE

Sponge cake, Canned Apricots, Thin Custard made with 1 egg and 1 pint of Milk- $\frac{1}{2}$ pint thick cream.

Put a layer of sponge cake in bottom of a berry bowl or nice crystal dish. Pour over a little of the syrup from the apricots and soak all well with the custard (warm). Put a layer of apricots, then another layer of sponge cake, soaked with custard and another layer of apricots and so on till bowl is full. Whip the cream stiffly, flavour with vanilla and sweeten to taste. Pile on top of trifle and sprinkle with pink sugar.

KUSSEL (A Russian Dish)

- | | |
|--------------------------|----------------------------------|
| 1 Teacup Cranberry Juice | $\frac{1}{2}$ Teacup Corn Starch |
| 2 Teacups Water | Sugar |

Put juice and water in a saucepan, sweeten to taste, Bring to a boil, add cornstarch previously wetted with cold water. Stir this quickly into the boiling juice and as soon as it becomes clear pour into a wetted mould. Turn out when cold and serve with cream.

MRS. HARRY SMITH

RODGROD (A Norwegian Dish)

- | | |
|-----------------------------------|-------------------|
| 1 Pint Currant Juice | 1 Pint Water |
| Sugar to taste | Almond Flavouring |
| 6 ozs. Ground Rice or 5 ozs. Sago | |

Put juice, water, sugar, flavoring in a saucepan, when boiling add ground rice or sago. Boil 15 minutes, stirring all the time. Pour into a wetted mould and cool. Turn out and serve with cream. The juice of any other acid fruit does as well.

FRUIT POACHED EGGS

Some sponge or other white cake, canned apricots, $\frac{1}{2}$ pint thick cream.

Cut cake into small squares or rounds, soak with the apricot syrup, put a spoonful of whipped sweetened cream on each, then place $\frac{1}{2}$ an apricot round side up on top of the cream. Arrange nicely on platter and serve.

MRS. HARRY SMITH

BANANA PUDDING

Bake a small custard in a nice dish. When done put away till cold. Spread raspberry jam over it, then sliced bananas. Repeat this process till dish is full. Whip $\frac{1}{2}$ pint cream very stiff, sweeten and pour on top. It is necessary to use raspberry jam. No other brings out the flavour so well.

MRS. HARRY SMITH

EGG CREAM

3 Whites of Egg

2 Tablespoons Cream

Vanilla or Nutmeg Flavour

Whip egg whites very stiff, add cream very slowly while whipping. This makes a delicious sauce for berries, crushed fruits or bananas.

MRS. ELMER GUMMESON

ANGELS' FOOD

Small tin of Pine-Apple, Equal quantities of sliced Bananas and Oranges, peeled and picked into small sections, being careful

Cut the pine-apple in slice, Place the 3 fruits in layers in a glass to remove all pips.

dish. Sprinkle each layer with fine white sugar. Pour over the juice of the pine-apple and serve.

A NICE DESSERT

A nice dessert can be made by whipping $\frac{1}{2}$ pint of thick cream stiff and whipping it into an ordinary package jelly, just when the jelly is beginning to stiffen. Use any flavour of jelly desired and just when it begins to jelly whip in the cream, whip a few minutes and pour into a wetted mould. Jellies are much improved by boiling 2 or 3 cloves for a few minutes in the water before pouring it over the jelly powder.

MRS. HARRY SMITH

Pies**PUFF PASTRY**

$\frac{1}{2}$ lb Flour

$\frac{1}{2}$ lb Butter

Yolk of Egg

1 Teaspoon Lemon Juice

Salt

Roll the butter into thin sheets, using sufficient flour from the $\frac{1}{2}$ lb to prevent it sticking to the board and rolling pin. Put the remainder of flour in a basin with a pinch of salt, yolk and lemon juice, add enough water to form a dough, turn on to a floured board, and roll into long strip. Cover 2-3 of it with sheets of butter, fold in 3 turn $\frac{1}{2}$ way round, roll out again. Repeat this until all the butter has been rolled in. It is now ready to be rolled out thinly and baked in a hot oven. Should the pastry be soft after it is made, set it in a cool place to firm before rolling it out for baking purposes.

CREAM PIE

5 Eggs

5 Cups Milk

6 Tablespoons Sugar

3 Tablespoons Corn Starch

Vanilla

Beat eggs and sugar together with a small piece of butter, add corn starch dissolved in milk, cook in hot milk, add vanilla to taste when cool. Let cool before putting in crust. This is sufficient for 3 pies

MRS. F. W. A.

FLAKEY PASTRY

$\frac{1}{2}$ lb Flour 4 ozs. Lard $\frac{1}{2}$ Teaspoon Lemon Juice

A Pinch of Salt About 1 Gill Cold Water

Put flour in basin, divide lard into 4 parts, rub 1 part into flour with tips of fingers. Add lemon juice to water and mix to a stiff paste, using a knife for the purpose. Turn on to a floured board and roll out thinly. Take the 2nd portion of the lard and dot it over in small pieces, sprinkle over it a little flour, fold in 3, turn $\frac{1}{2}$ way round and roll out. Repeat this twice. When all the lard is rolled in, roll out the paste for use.

RICH SHORT CRUST

12 ozs. Flour 8 ozs. Lard Yolk of Egg

Pinch of Salt 1 Teaspoon Sifted Sugar

Enough Water to mix to a stiff paste.

Put flour, sugar and salt in basin. Rub the lard in until all is like fine crumbs. Mix yolk and water together, add sufficient to bind to a stiff paste (if too much is used the paste will not be short). Knead lightly and roll out for use.

CUSTARD PIE

Three Eggs well beaten, 1 Teacup Sugar, beat until it creams, add $1\frac{1}{2}$ pint new Milk and grated nutmeg to taste.—The success of the pie is in the baking, try with the blade of a thin knife, take out of oven as soon as it is like thick cream, set the pan on a cup to cool so as the air can circulate around it, this keeps the crust from getting soggy.

CARROT PIE

1 Cup cooked Carrots, (mashed) $\frac{1}{2}$ Cup Sugar, 2 Eggs, 1 pint sweet Milk, 2 Tablespoon Molasses, 1 Teaspoon Cinnamon, $\frac{1}{2}$ Teaspoon Ginger. Bake in one crust. Molasses may be omitted.

MRS. POTTINGER

CHOCOLATE PIE

$\frac{1}{2}$ Cup Sugar Yolk of Egg $\frac{1}{2}$ Teaspoon Salt

1 Rounding Tablespoon Cocoa $2\frac{1}{2}$ Cups Water

1 Rounding Tablespoon Flour 1 Teaspoon Vanilla

Mix sugar, cocoa, salt and flour together soften with $\frac{1}{2}$ cup cold water and yolk of egg. Mix smooth, add 2 cups boiling water and cook on stove till it boils, stirring all the time, add vanilla and fill crust. Beat white of egg with tablespoon sugar put on top of pie and brown.

MRS. CARLETON

LEMON PIE

1 Lemon, rind and juice 1 Cup Sugar 1 Cup Water

2 Tablespoons Corn Starch 2 Yolks of Eggs

Put all in Saucepan and cook till thick. Pour mixture in cooked pie crust. Put on the top the whites of eggs beaten stiff with tablespoon of fine sugar.

MRS. TREMBATH

LEMON PIE

2 Lemons 2 Cups Sugar 2 Cups Water

2 Tablespoons Corn Starch 4 Eggs

Butter size of a walnut

MRS. CAMPBELL

BUTTER MILK PIE

Beat 2 eggs and 1 cup sugar, add $1\frac{1}{2}$ Teaspoon lemon extract or juice, $1\frac{1}{2}$ Tablespoon corn starch or flour, 2 cups buttermilk in which has been stirred a pinch of salt and soda. Frost top with white of eggs.

MRS. W. C. FLINTOFT

PUMPKIN PIE

3 Eggs 1 Cup Sugar 1 Cup stewed Pumpkin
 1 Teaspoon Ginger 1 Teaspoon Cinnamon
 $\frac{1}{2}$ Teaspoon Cloves 2 Cups of Cream

This will make two pies.

SOUR CREAM PIE

1 Cup Sour Cream 1 Cup Sugar $\frac{1}{4}$ Teaspoon Cloves
 $\frac{1}{2}$ Cup Raisins (chopped fine) $\frac{1}{2}$ Teaspoon Cinnamon
 Yolks of 3 Eggs and White of one

Bake like lemon pie, using whites of 2 eggs for frosting.

MRS. W. C. FLINTOFT

RAISIN PIE

1 package of seedless raisins, 5 or 6 cups cold water.

Put in saucepan, and boil until raisins are well cooked, adding more water as it boils away so as to have same amount when cooked. Add small piece of butter, $\frac{1}{2}$ cup sugar, and thicken with flour sifted in (and well stirred while sifting), until right thickness for pie when cool. Enough for 2 or 3 pies.

MRS. J. KEOWN

TOMATO PIE

1 Pint Green Tomatoes 3 Large Apples
 3 Cups Sugar 3 Tablespoons Flour
 $\frac{1}{2}$ Cup Vinegar, $\frac{1}{2}$ Teaspoon Salt, 1 Teaspoon Mixed Spices

Chop tomatoes and apples, add other ingredients, mix well and bake between crusts.

MRS. C. GOLIGHTLY

PRUNE MERINGUE PIE

Soak, stew and stone enough prunes for pie, sweeten and add lemon juice and a little cinnamon, fill crust of good pie paste, and make a meringue of 2 whites of eggs and 1 tablespoon sugar. Brown slightly.

TRANSPARENT PIE

3 Eggs $\frac{1}{2}$ Cup Butter 1 Cup Sugar $\frac{1}{2}$ Cup Milk

Beat the yolks, sugar and butter to a cream, add flavouring and milk. Put in crust and bake. Whip the whites with sugar, put on top and brown slightly.

VINEGAR PIE

1 Egg 1 Tablespoon Flour 1 Cup Sugar

Beat all well together, Add vinegar to one cup cold water till it taste sharp. Add it and flavouring of lemon juice to mixture. Bake in two crust.

MRS. WM. ROBERTS

DUTCH APPLE PIE

Line a deep pie tin with rich paste, fill with sliced apples sweeten, dredge with flour and sprinkle a little cinnamon over, cover with 5 tablespoons good cream and bake.

MRS. J. C. McCREARY

AMERICAN PIE

Line a pie plate with short paste, mix 2 eggs, 1 large tablespoon vinegar and 3 tablespoons Demarara sugar. Beat all together. Pour into pie plate, and bake in a quick oven. Sift sugar over when it is done.

RHUBARB PIE

1 cup stewed rhubarb, 1 cup sugar, 1 tablespoon flour, yolk of 1 egg, flavour with lemon

Beat all together thoroughly. Don't use rhubarb too hot for fear it will cook the egg. Bake with just an undercrust. Use white of egg for frosting.

COCOANUT PIE

1 cup of cocoanut soaked in $1\frac{1}{2}$ cup sweet milk over night, yolks of 4 eggs, 1 tablespoon melted butter, pinch of salt, sweeten to taste.

Beat all together 5 or 6 minutes and bake. Beat whites of eggs to a stiff froth and put over top just long enough to slightly brown before taking pie from oven.

WELSH PIE

1 Egg, its weight in butter, sifted sugar and flour, a little baking powder, a little grated lemon rind and jam.

Line a pie plate with nice short paste. Spread it with jam. Beat butter and sugar to a cream, add egg, rind, flour, baking powder. Pour it over the jam. Bake $\frac{1}{2}$ hour or until mixture is set. Dust sugar over. Serve hot or cold.

MRS. HARRY SMITH

CANNED PUMPKIN

In using canned Pumpkin for pies, if the entire amount is turned from the can into a bowl and the ginger, cinnamon and nutmeg added the spices will preserve the portion to be used a week later. Without this precaution pumpkin easily sours.

MRS. W. C. FLINTOFT

Cheese, Eggs, Other Made-up Dishes

MACARONI AND CHEESE

6 ozs. macaroni, 2 ozs. butter, 1 cup milk, 6 qzs. grated cheese, salt, pepper and mustard.

Boil macaroni till soft. Draw and add milk and butter. Grease a dish and put alternate layers of macaroni and grated cheese. Sprinkle with dry mustard, pepper and salt. When dish is full sprinkle some nice bread crumbs on top and dot over with the 2 ozs. butter. Bake in the oven till nicely browned.

MACARONI (Italian Style)

Macaroni, Cheese, butter.

Boil macaroni till soft. Drain and add milk and butter. Grease and grated cheese, mix well with a fork and serve at once or it becomes tough.

CHEESE MACARONI CROQUETTES

1 oz. Macaroni, $1\frac{1}{2}$ oz. grated cheese, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ oz. butter, yolk of egg, salt, pepper, cayenne, $\frac{1}{2}$ gill milk.

Boil macaroni till tender, drain and chop finely, melt butter, add flour and milk and stir till it thickens. Add all other ingredients, turn on a plate to cool, make into balls or cakes, dip in well beaten egg and breadcrumbs and fry in deep fat till nicely browned.

MACARONI AND CHEESE WITH TOMATOES

1 lb macaroni, 1 can tomatoes,, 1 cup grated cheese, salt and pepper to taste.

Boil macaroni till tender, drain, heat tomatoes, put all together, add cheese, pepper and salt. A good bit of butter will do instead of cheese. For a small family use $\frac{1}{2}$ quantities. MRS. CARLETON

WELSH RAREBIT

$\frac{1}{4}$ lb cheese grated, $\frac{1}{2}$ oz. butter, 2 or 3 tablespoons milk, mustard, pepper, buttered toast.

Mix cheese, butter, milk a little mustard and pepper to taste and stir over fire till mixture resembles thick cream. Pour over buttered toast and serve at once.

YORKSHIRE RAREBIT

4ozs. grated cheese, $\frac{1}{2}$ oz. butter, 3 tablespoons milk, vinegar, mustard, pepper, buttered toast and 2 poached eggs.

Proceed as for Welsh rarebit. When mixture resembles thick creamplace saucepan wher it will keep hot but not cook. Poach 2 eggs and prepare 2 slices buttered toast. Put mixture on toast, lay cream place saucepan where it will keep hot but not cook. Poach 2

MRS. HARRY SMITH

CHEESE OMELETTE

1 Cup Milk, $\frac{1}{4}$ lb grated Cheese, 2 Eggs, Pepper and Salt

Put cheese in pan with milk. Set on fire and stir till cheese is melted. Lift pan off fire. Beat up eggs, add to cheese and milk, also pepper and salt. Pour into a hot buttered dish and bake 15 minutes.

CHEESE PUDDING

$\frac{1}{4}$ lb bread crumbs, $\frac{1}{4}$ lb grated cheese, 2 eggs, pepper, salt, pinch of B. soda, milk.

Mix bread and cheese well, add pepper, salt and yolks of eggs and sufficient milk or cream to make a nice consistency. Beat whites of eggs stiff, add very lightly and bake $\frac{1}{2}$ hour. Serve hot.

CRAIGIE TOAST

Take 4 tomatoes, skin and put in a pan with the yolks of 2 or 3 eggs beaten. Let it simmer a few minutes. Remove from fire. When required, add salt and pepper and some grated cheese. Warm and serve on fried or hot buttered toast.

POTATOES with CHEESE

1 lb mashed potatoes, 2 tablespoon milk, pepper and salt, 3 ozs. grated cheese, bread crumbs, 1oz. butter.

Add the milk to the hot mashed potatoes, also $\frac{1}{2}$ butter, cheese and seasoning. Put in a dish, sprinkle bread crumbs on top, dot with butter and bake $\frac{1}{2}$ an hour in a good oven.

RICE and CHEESE

6 oz. rice, 2 pints milk or 1 pint milk and 1 pint water, 1oz. butter, 2 tablespoons grated cheese, 2 eggs, salt and pepper, a dust of cayenne.

Wash rice well, put in stew pan with milk or milk and water, and salt. Boil gently until rice is tender adding more milk if necessary. Add cheese, eggs (beaten) pepper and cayenne. Put in a dish sprinkle a few breads crumbs on top. Dot with butter and brown in oven. Serve hot.

COTTAGE CHEESE

Heat 1 quart milk slowly until the whey rises, pour off whey and put cheese in a clean cheese-cloth bag, Let drip 5 or 6 hours, do not squeeze. Place in a bowl, mix well and salt to taste. Add $\frac{1}{2}$ cup cream to pint of cheese. Press into cakes and set in a cool place.

MRS. ELMER GUMMESON

WHIPPED OMELET

Seperate yolks from whites. Add to yolks 1 tablespoon cream and salt to taste. Beat until thick, Fold in the stifle beaten whites, and cook immediately, browning delicately in an omelet or frying pan.

MRS. ELMER GUMMESON

MILAN POTATOES

Take as many potatoes as required. Choose the largest. Bake till soft. Cut off the tops and scoop out the insides. Mash the insides well and add 1 tablespoon grated cheese, pepper and salt and two tablespoons melted butter. Mix thoroughly and fill the potato cases with it. Put them in the oven to heat thoroughly and serve very hot.

SAVOURY RICE

2 breakfast cups boiled rice, 1 tablespoon melted butter and 2 tablespoon of Worcester or any nice cruet sauce, 2 ripe juicy tomatoes, cut up.

Mix well and make very hot. Then add 4 large tablespoons of grated cheese and season to taste with salt and pepper. Mix well and serve very hot, heaped up on hot buttered toast.

ONION DUMPLING

Take a very large onion, cut in two, and take out just as much of the heart as will leave room for a small piece of bacon or ham. Make a suet paste with flour, suet, salt and cold water. as large as hold the onion. Put the 2 halves of the onion together and close it up in the paste. Boil in a cloth for 2½ hours. A splendid supper dish.

MRS. HARRY SMITH

SCAMBLED EGGS and TOMATOES

1 oz.. butter, 3 eggs, pepper and salt to taste, 3 tablespoons tomato sauce.

Melt a little butter in pan, break as many eggs as required and fry them for about 2 minutes, taking care that they do not spread too much, put them on a hot dish, sprinkle well with pepper and salt and pour some thick tomato sauce over them.

SUNSHINY EGGS

Skin and chop up a nice large ripe tomato. Mince finely a spanish onion. Mix together adding plenty of butter, pepper and salt to taste. Stir over fire till onion is quite cooked but not browned. Then add 4 beaten eggs and keep stirring till eggs are nearly set. Serve at once with fried bread or on buttered toast.

SWISS EGGS

Spread 2 ozs. butter on bottom of a dish, Sprinkle thickly with grated cheese, Break 6 eggs on this keeping the yolks whole. Season with pepper and salt, Mix 1 teaspoon chopped parsley with 2 ozs. grated cheese and strew over. Bake 10 or 12 minutes in a quick oven.

WHEAT HOMINY

Boil ordinary wheat direct 2 or 3 hours. Place in a double boiler and cook until grains are reduced to hominy. This is the most nourishing form in which wheat can be eaten.

Cookies, Buns and Biscuits

Cookies, Buns and Biscuits

BUNS

1 quart milk, 1 cup sugar, butter the size of an egg. Let come to a boil, then cool. When luke warm add 1 yeast cake that had been soaked 20 minutes in luke warm water, a little salt, enough flour to make a soft batter. Let rise until morning, then mix to a soft dough just so you can handle. Let rise again twice, and the third time roll thin out and cut with small cutter. Spread with melted butter, fold over and let rise, Bake in quick oven.

MRS. J. C. McCREARY

LEMON BISCUITS

2 cups sugar, 1 cup lard, 2 eggs, 1 cup milk, 2 tablespoons ammonia, 10 cents worth oil of lemon and flour to mix.

Knead 20 minutes and cut with a square cake cutter.

MRS. JOHN SMITH

CINNAMON COFFEE RINGS

Scald 1 pint milk in upper part of double boiler, add 1 scant tablespoon salt and 1 tablespoon butter. Remove from fire and allow to cool till blood warm, then add 2 beaten eggs, 1 yeast cake with the cup tepid water in which it has been dissolved and flour to make a stiff batter. Beat well stirring in 1 cup of mixed raisins and currants, and additional flour to form a soft dough. Cover and let rise over night. In the morning knead well, divide in half and roll out. Cut each half into 3 long stripes. Braid these stripes lightly. Curl the two braids into separate rings, flatten and place in 2 greased pans. Let rise and when double in size spread with a paste made of ground cinnamon, melted butter, granulated sugar and a little milk. Bake in a moderate oven.

MRS. J. KEOWN

GOOD COOKIES

2 eggs, 2 cups white sugar, 1 cup melted lard, 8 tablespoons water, 2 heaping teaspoons baking powder, a pinch of soda, lemon or vanilla flavoring. Add flour to make a real stiff dough, roll thin. Bake in a hot oven. This is a tried and true recipe.

MRS. STADE

LENAS OATMEAL COOKIES

4 eggs well beaten, 2 cups brown sugar, 4 cups flour, 4 cups oatmeal, 1 lb raisins (chopped), 1½ cup melted lard, 1 teaspoon soda, ¼ teaspoon salt.

Take pieces the size of a walnut and press out between hands.

MRS. M. E. MOORE

CHEAP BISCUITS

1 quart or 4 large cups flour, 2 heaping teaspoons baking powder, 1 dessertspoon salt, 1 tablespoon lard.

Mix with warm water. Bake in a quick oven.

MRS. CARLETON

FILLED COOKIES

2 eggs, 1½ cup sugar, 1 cup lard, 1 cup butter-milk, 1 teaspoon salt, flavor with lemon extract.

Roll thin, cut out and put 2 together with plum jam between. Bake in a hot oven.

MRS. GEORGE CULHAM

BRAN MUFFINS

1 egg, ¾ cup sugar, butter size of an egg, 1 cup flour, 2 cups bran, 1 cup butter-milk, 1 teaspoon soda.

MRS. JAMES A. STEWART

GRAHAM MUFFINS

6 tablespoons butter, ½ cup sugar, 1 egg, 2 cups milk, 2 teaspoons soda, 4 teaspoon cream of tartar, 1 cup graham flour, rest of white flour.

MRS. J. C. McCREARY

COOKIES WITH RAISIN FILLING

1 cup sugar, ½ cup shortening, ½ cup sweet milk, 1 egg (beaten), 3½ cups flour, 3 teaspoons baking powder.

Roll out thin and place a teaspoonful of the following filling on one and cover with another.

Filling

Mix ¾ cup brown sugar, 1 tablespoon flour, add 1 cup boiling water and 1 cup chopped raisins, cook until it thickens.

MISS M. E. MOORE

MOLASSES COOKIES

1 cup sugar, 1 cup molasses, 1 cup lard, 1 cup hot water, 2 teaspoons soda, 2 teaspoons ginger, flour to roll.

MRS. TREMBATH

ROCKS I

1½ cup brown sugar, 1 cup butter, 3 eggs, 2 tablespoons hot water, 1 teaspoon soda, 1 tablespoon mixed spices, 1 cup walnuts (chopped), 1 cup dates (chopped), 1 cup raisins (chopped), 2½ cups flour.

Drop on buttered paper from a teaspoon. MRS. CAMPBELL

ROCKS II

1 cup butter, 3 eggs, 1 cup brown sugar, 1 cup nuts, 1 cup raisins, and currants, 1 cup flour, 1 teaspoon soda, ½ teaspoon cinnamon, ¼ cup sour milk.

MRS. ELMER GUMMESON

ROCKS III

1½ cup sugar, ½ cup butter, 1½ cup chopped raisins, 1½ teaspoon cinnamon, 3 eggs, pinch of salt, 1 round teaspoon of soda dissolved in ½ cup hot water, ¼ lb of walnut meats and flour enough to make a stiff batter. Drop them with a teaspoon.

MRS. STADE

COOKIES

½ cup shortening, ¾ cup sugar, ½ cup cream, ½ cup milk, 1 egg (well beaten), ½ teaspoon salt, 1 teaspoon vanilla, flour enough to roll. Bake in a quick oven.

MISS MARR

WHITE COOKIES

2 eggs, 1 cup sugar, ½ cup butter or mixed shortening, 1 teaspoon soda, 1½ teaspoon cream of tartar, 2 tablespoons milk, flour to roll.

MRS. J. C. McCREARY

RAISIN COOKIES I

1½ cup sugar, 1 cup butter, 1 egg, 2 cups raisins, chopped fine, 1 teaspoon soda, a little nutmeg. ½ cup sour cream, flour to roll.

MRS. Wm. ROBERTS

RAISIN COOKIES II

2 tablespoons shortening, ½ teaspoon cinnamon, ½ teaspoon ginger, ¼ cup sugar, ¾ cup molasses, ¼ teaspoon soda, 2 teaspoon baking powder, 1 cup chopped raisins, flour to roll.

MRS. F. W. A.

DATE COOKIES

2 cups rolled oats, 2½ cups flour, ½ cup lard, ½ cup milk 1 teaspoon baking powder. Roll out thin and put following mixture between. —Mixture.—1 lb dates, 1 cup brown sugar, 1 cup hot water. Cook well.

MISS ROBERTS

FRUIT COOKIES I

1½ cup sugar, ¾ cup lard, ½ cup syrup, 3 eggs, 1 cup currants, 1 teaspoon cassia, 1 teaspoon cloves, 1 teaspoon allspices, 1 teaspoon soda dissolved in a little hot water, 1 teaspoon baking powder, flour to roll.

MRS. JAMES A. STEWART

FRUIT COOKIES II

1 good cup brown sugar, 1 small cup butter, 3 eggs, ½ teaspoon cinnamon, ¼ teaspoon cloves, ½ cup sour cream or butter-milk, 1 cup chopped raisins, 1 teaspoon baking powder, ½ cup currants, ¼ cup nuts, flour.

MRS. J. C. McCREARY

CATMEAL FRUIT COOKIES

¼ cup corn syrup, 2 tablespoons sugar, ½ teaspoon salt, ¼ teaspoon cloves, ¼ teaspoon nutmeg, ½ teaspoon cinnamon, ¼ teaspoon soda, ¼ cup shortening, ½ cup milk either sweet or sour, 1 cup oatmeal 1 cup barley flour, ½ cup raisins, 1 egg.

Mix dry ingredients and then mix moist ones. Combine the two mixtures. Drop from a teaspoon on a greased pan. Give plenty of room to spread. Bake in a moderate oven.

MRS. J. KEOWN

SWEET COOKIES

1½ cup sugar, 2 eggs, 1 cup butter or lard, ½ cup sweet milk, ½ teaspoon soda, 1 teaspoon ginger, flour to roll.

MRS. A. F. HENSCHER

HERMITS (Cookies)

3 eggs, 1½ cup sugar, ½ cup milk, ½ cup melted butter, 2 teaspoons cream of tartar, 1 teaspoon soda, ½ cup currants, 1 cup chopped raisins, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon nutmeg, 3 cups flour.

Beat eggs and sugar together, add milk and butter and other ingredients mixed in the flour, make fairly stiff. Drop on buttered tins.

MRS. J. C. McCREARY

FRUIT SNAPS

½ cup milk, 1 cup butter or lard, 1 teaspoon soda, 1½ cup sugar, ½ cup molasses, 3 eggs, 1 cup each of raisins and currants, 1 teaspoon each of cloves, ginger, cinnamon and allspices, flour to roll as soft as can be cut. These improve with age, if kept in a tin box.

MRS. HENRY McLEOD

MACARROONS

1 cup sugar, 1 tablespoon butter, 2 eggs, yolks and whites beaten separately, 2 cups oatmeal, flavour to taste.

MISS ROBERTS

MOLASSES COOKIES

1 cup molasses, 1 cup shortening, 2 cups flour, 2 teaspoons ginger, 1 teaspoon cloves, 1 teaspoon soda.

Put molasses and shortening in pan and heat till shortening is melted. Remove from fire. Mix flour, soda, ginger and cloves together and mix into molasses and shortening. Add more flour if necessary. Drop from spoon on a greased tin.

MRS. F. CARLETON

GINGER DROPS

1 cup lard, 1 cup molasses, 1 cup brown sugar, 3 eggs, 1 tablespoon ginger, 2 teaspoons soda dissolved in cup of hot water, 5 cups flour. Drop in tablespoonfuls on buttered paper in tins.

MRS. F. W. A.

OATMEAL COOKIES I

2 cups oatmeal, 1 cup flour, ½ cup butter, ½ cup sugar, ½ cup sour milk, ½ teaspoon soda.

MRS. HENRY McLEOD

OATMEAL COOKIES II

1 cup sugar, ½ cup butter, 2 cups oatmeal, 2 cups flour, 1 cup sour cream, 1 teaspoon baking soda.

MRS. F. W. A.

TEA CAKES

2 eggs, 1 cup butter, 1 cup sugar, ½ teaspoon soda, pinch of salt, flour to roll.

MRS. F. W. A.

TAFFY TARTS

Make a pastry of 1½ cup flour, ¾ cup butter and lard mixed, a pinch of salt, water.

Roll thin and line the tart tins, then put a little of the following mixture in each and bake:—Filling—1 egg, 1½ cup brown sugar, 2 tablespoons hot water, ½ cup chopped raisins (or any other fruit) mixed together.

MRS. MARR

GINGER COOKIES

1 cup sugar, 1 cup shortening, 2 eggs, 1 cup molasses, 1 teaspoon ginger, 2 teaspoons soda, 1 teaspoon mixed spices, pinch of salt, 4 tablespoons hot water and flour to mix.

MRS. MARR

DROP COOKIES

1 cup sugar, ½ cup milk, ½ cup shortening, 1 egg, 1 teaspoon soda, 1 teaspoon cinnamon, ¼ teaspoon cloves.

MRS. HENRY McLEOD

SUGAR COOKIES

3 eggs, 1 cup butter, 1 cup sugar, 2 teaspoons baking powder.
Flour to roll.

MRS. JAMES MACKIE

PLAIN MUFFINS

2 cups sweet milk, 2 tablespoons butter, 2 tablespoons sugar, 4 teaspoons baking powder, a little salt, enough flour so the batter will drop.

MRS. I. J. ROBINSON

CORNMEAL GEMS

1-3 cup butter, 1-3 cup brown sugar, 1 egg, $\frac{3}{4}$ cup cornmeal, $1\frac{1}{2}$ cup flour, $1\frac{1}{2}$ teaspoonful baking powder.

MRS. HENRY McLEOD

MOLASSES OAT MUFFINS

$\frac{1}{2}$ cup rolled oats, 1 cup sour milk, $\frac{1}{4}$ cup molasses, 2 tablespoons shortening, $1\frac{1}{2}$ cup flour, 1 teaspoon soda, $\frac{1}{2}$ teaspoon salt.

Soak the rolled oats in the sour milk over night, add molasses, shortening and flour with which has been sifted the soda and salt.

MRS. J. KEOWN

GRAHAM GEMS

1 egg, 1 cup sugar, 4 cups butter-milk, 2 tablespoons lard, 1 tablespoon salt, 1 cup white flour, the rest graham flour to make a batter. Bake in patty tins.

MRS. FRED. CARLETON

BUNS

1 cup yeast, 1 cup milk, 1 tablespoon butter, $\frac{1}{2}$ cup sugar, salt, and flour. Do not mix as hard as bread.

MRS. ELMER GUMMESON

CORN GRIDDLE CAKES

2 eggs, 2 cups milk, 1 tablespoon salt, 1 can corn, 1 teaspoon soda or 2 of baking powder.

Mix eggs, milk, salt, corn and soda. (If sweet milk is used, use baking powder) flour enough to make a batter. Fry in fat, the same as not cakes. These are nice to eat with meat for dinner.

MRS. CARLETON

DOUGHNUTS

1 cup cream, 1 cup sweet milk, 3 eggs, whites beaten separately, 1 cup sugar, scant teaspoon soda, $\frac{1}{2}$ teaspoon salt, enough flour to roll. Fry in deep fat.

MRS. ELMER GUMMESON

SCONES

1 pound flour, 3 ozs. butter, 2 teaspoons cream of tartar, 1 teaspoon salt, 1 teaspoon soda.

Mix all the dry ingredients together, use enough milk to moisten the dough. (If butter-milk is used leave out cream of tartar). Do not knead or roll. Pat out with hands into rounds, cut in triangles and bake 15 minutes in a hot oven.

MRS. Wm. STEPHENSON

OATMEAL CAKES (unleavened)

2 cups steel cut oatmeal, 1 cup white flour, 2 or 3 tablespoons butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ to $\frac{3}{4}$ cup cold water.

Mix flour, oatmeal, salt and butter thoroughly, add enough cold water to make a stiff dough, knead well and roll into very thin cakes. Bake pale brown in a moderate oven.

MRS. ELMER GUMMESON

TEA ROLLS

2 quarts sifted flour, 1 yeast cake dissolved in luke warm milk, 1 teaspoon salt, 2 tablespoons sugar, 2-3 cup butter, and luke warm milk enough to make a moderately stiff dough. Set to rise at 2 p.m., when well risen make into rolls and put to rise. When nicely risen bake 20 minutes in a quick oven.

MRS. F. W. A.

SCOTTISH OAT CAKES

1½ lb standard oatmeal, 3ozs. lard or dripping, 1 teaspoon soda, 2 teaspoons salt.

Mix all together with boiling water and roll out quickly. Sprinkling the bake board and dough well with oatmeal before rolling out. Care should be taken not to have the dough too dry. Cut either square or round and bake in a fairly hot oven till nice and crisp.

MRS. HARRY SMITH

CREAM BISCUITS

½ cup sour cream, ½ teaspoon soda, ½ teaspoon salt, 1 pint sweet milk.

Stir in flour to mould nicely. Cut out and bake rather quickly.

MRS. F. W. A.

Bread and Cakes**MORNING BREAD YEAST**

4 quarts mashed potatoes, 1 yeast cake (soaked in tepid water), 1 cup sugar, 1½ cups salt, 4 cups flour. 4 quarts luke warm.

Keep in a cool place. 2 cups of this yeast will make an ordinary sized loaf.

MRS. F. W. A.

FOUR-HOUR BREAD

2 cups potato water, 2 tablespoons flour, 2 tablespoons sugar, 1 teaspoon ginger, 1 teaspoon salt, 2 large potatoes mashed, 2 cups luke warm water and one yeast cake (soaked).

Put all together and let stand till next morning, then add 1 quart more warm water and flour to mix down stiff. Let stand 1½ hours, mix again and put in the pans.

MRS. J. C. McCREARY

FIVE-HOUR BREAD

When boiling potatoes for noon dinner take 2 cups of strained potato water and 1 cup mashed potatoes, 1 cup flour, 2 tablespoons sugar, 1 tablespoon salt, ½ teaspoon ginger. Dissolve a royal yeast cake in a cup of water, add to this, stir well, cover and set in a place to keep warm. About 7.30 next morning, turn this into bread dish with 2 quarts warm water, mix down hard. Let stand 2 hours, work again and let stand one hour when it is then ready for the pans.

MRS. J. C. McCREARY

GENERAL DIRECTIONS FOR MAKING BREAD

There are 3 important requisites in making good bread. Good flour, good yeast and strength to knead it well. Flour should be white and dry, crumbling easily again after it is pressed in the hand. When you make bread first set the sponge with warm water or milk and water, keeping it in a warm place until quite light, then add flour and mould this into one large loaf, kneading it well. Set this to rise again and when sufficiently light mould it into smaller loaves, let rise again, then bake. To make bread or biscuits a nice colour wet the dough over the top with water just before putting into the oven. Flour should always be sifted, and in winter should be warmed.

WALNUT LOAF

1 egg, ½ cup sugar, 1 cup sweet milk, 1 teaspoon salt, 4 cups flour, 3 teaspoons baking powder, 1 scant cup chopped walnuts, (or currants may be used). Let rise 20 minutes and bake slowly 1 hour.

MRS. GEORGE CULHAM

BROWN BREAD

2 cups sour milk, ½ cup brown sugar, 4 tablespoons black strap molasses, 1 teaspoon soda, 3 cups graham flour, ½ cup white flour, ½ teaspoon salt, 1 cup raisins or nuts, (Raisins or nuts may be left out and usually are). Bake 1 hour.

MRS. JOHN SMITH

ROYAL YEAST BREAD

Soak a Royal Yeast cake $\frac{1}{2}$ an hour in a pint of warm (not hot) water. Stir in enough flour to make a batter. Cover and set in a warm place to rise. When light add salt, 3 pints warm water or scalded milk and water, $1\frac{1}{2}$ tablespoons each of sugar, lard and flour to make a batter. Beat all briskly for 15 minutes, (Beat not stir. Set again in a warm place to rise, (usually over night) When light, add flour until it does not stick to the board, knead well, set in a warm place, when light mould into loaves and let rise. Bake in a moderate oven from $\frac{3}{4}$ to 1 hour. In cold weather have the flour warm, and keep the sponge in a warm place while rising. Don't let it get chilled. 2 or 3 boiled mashed potatoes added to the sponge will improve the bread.

NUT BREAD I.

2 cups milk, 1-2 cup sugar, 1 teaspoon mapleine, 1 teaspoon salt, 2 cups graham flour, 2 cups white flour, 4 teaspoons baking powder, cup chopped nuts. Let batter stand in pans 1-2 hour. Bake 1 hour.

MRS. ELMER GUMMESON

NUT BREAD II.

3-4 cup sugar, 2 cups milk, 1 teaspoon salt, 1 cup assorted chopped nuts, (raisins or dates may be added), 4 teaspoons baking powder, (or 2 cream of tartar and 1 of soda), 4 cups flour. Mix all together and put in buttered pans. Let stand 20 minutes. Bake 45 minutes. This makes 2 medium sized loaves.

MRS. J. C. McCREARY

NUT BREAD III.

2 eggs, 1-2 cup sugar, 1 teaspoon salt, 2 scant cups sweet milk, 1 cup chopped nuts, 4 heaping teaspoons baking powder, 4 cups flour. Beat eggs, add sugar, salt and milk, then flour, baking powder and nuts. Put in a greased pan, let stand 1-2 hour. Bake 45 min.

MRS. JAMES A. STEWART

GRAHAM BREAD

1 pint sour milk, 1 teaspoon soda, 2 teaspoons shortening, 1-2 cup sugar, 2 cups graham flour, 1 cup white flour, 1 teaspoon baking powder. Sift in and mix all thoroughly.

MRS. STADE

STEAMED BROWN BREAD

3 cups sour milk, 1 cup molasses, 1 cup graham flour, 1 cup corn meal, 1 3-4 cups white flour, 1 teaspoon salt, 1 heaping teaspoon soda. Steam 4 hours. (1 egg and 1-2 cup raisins may be added)

MRS. HENRY McLEOD

GRAHAM LOAF or DATE BREAD

3 cups graham flour, 1 large tablespoon butter, 1 large tablespoon sugar, 1 cup dates, chopped, a little salt, enough sour milk to make a stiff batter. Dissolve 1 heaping teaspoon soda in a little sweet milk and mix well. Bake in a loaf.

MRS. J. C. McCREARY

APPLE SAUCE CAKE

1 cup sugar, 1-2 cup shortening, 1 cup apple sauce, 1 teaspoon soda stirred in the apples, 2 tablespoons cold water, 1 cup raisins, and seasoning to taste. Add flour to make a stiff batter (about 2 cups)

MRS. J. C. McCREARY

BUTTER-MILK CAKE

1 1-2 cups brown sugar, 1 egg, 1-2 cup butter, 1 1-2 cups butter-milk, 1 cup currants, 1 cup raisins, 3 cups flour, 2 teaspoons soda, 1 each cinnamon, cloves and nutmeg. Bake in a slow oven.

MRS. GOLIGHTLY

BANANA CAKE

1 cup sugar, 1-2 cup butter, 1 cup sweet milk, 1 egg, 3 cups flour, 2 large teaspoons baking powder. Bake in layer cake tins. Use boiled icing flavoured with 1-2 lemon, and for filling use a little icing with thin slices of banana and the same on top.

MRS. J. C. McCREARY

BROWN GEORGE

Yolks of 2 eggs, butter size of an egg, 1-2 cup Orleans molasses, 1-2 cup warm water, 1 teaspoon soda, dissolved in the water, 1-2 cup sugar, 2 cup flour, spices to taste.

MRS. F. W. A.

CHOCOLATE CAKE I.

2 cups brown sugar, 1-2 cup butter, 3 eggs, 1-2 cup milk, 1-3 cup grated chocolate dissolved in 1-2 cup boiling water, 1 teaspoon soda, 1-2 teaspoon cream of tartar, 2 cups flour, icing, 1 cup sugar 1 cup milk, 3 tablespoons chocolate.

MRS. CAMPBELL

CHOCOLATE CAKE II.

1 egg, 1 cup sugar 1 square chocolate (melted), 1 cup sour milk, 2 tablespoons butter, 1 teaspoon soda, 1 1-2 cups flour, 1 teaspoon vanilla. Bake in layer cake tins and put together with caramel filling. —Caramel filing—1 1-2 cups brown sugar, 1-2 cup cream, 2 tablespoons milk, 1 teaspoon vanilla. Boil sugar, cream and milk, slowly until it will form a ball when dropped in cold water, take from fire, add vanilla and beat until like thick cream, then spread on cake.

MRS. GEORGE CULHAM

CHOCOLATE CAKE III.

1 1-2 cups sugar, 1-2 cup butter, 3 eggs, 3-4 cup milk, 2 cups flour, 1 teaspoon cream of tartar, 1-2 teaspoon soda, 1 oz. unsweetened chocolate.

MRS. W. C. FLINTOFT

CHOCOLATE CAKE IV.

2 eggs, (yolks and whites beaten separately), 1 1-2 cups yellow sugar, butter (or lard) size of an egg, 1-2 cup cocoa, 1 teaspoon vanilla, 1 cup sour milk, 1 level teaspoon soda, 2 cups flour, add beaten whites last and bake in a moderate oven.

MRS. MARR

CHOCOLATE CAKE VI.

1-2 cup butter, 1 1-2 cups sugar, 3 eggs, 1-2 cup milk, 1-4 cake chocolate, 3 cups flour, 1 teaspoon baking powder, 1 scant teaspoon soda, a little vanilla. Boil together chocolate and milk until thick, cool and add gradually the other ingredients, sugar, butter and eggs being previously beaten and the soda dissolved in a little hot water.

MRS. WM. STEPHENSON

CHOCOLATE CAKE V.

2 tablespoons butter, 1 cup sugar, 2 teaspoons cocoa or 1 square chocolate, 1-4 teaspoon cinnamon, 2 eggs, (not beaten), 1 1-2 cups flour, 1 teaspoon baking powder and 1-2 cup milk.

MRS. STADE

CHRISTMAS CAKE

1 lb butter, 1 lb sugar, 3 lbs raisins, 2 lbs currants, 2 lbs flour 1-2 cup molasses, 10 eggs, 1-2 lb mixed peel, 1 tablespoon cinnamon, 2 tablespoons cloves, 1 tablespoon nutmeg, 1 teaspoon soda dissolved in 1 1-2 cups boiling water. Cream butter and sugar, beat in eggs 2 by 2, add spices, molasses and water, sift in 1-2 of the flour and beat well, then add the remainder of the flour which has been well mixed with the fruit. This makes 2 large cakes.

MRS. HENRY McLEOD

CLOVE CAKE

2 eggs, 1 1-2 cups sugar, 1 cup butter, 1-2 cup sweet milk, 1 cup chopped raisins, 1 tablespoon cloves, 1 teaspoon soda, 2 1-2 cups flour.

MRS. F. W. A.

COCOA CAKE

2 eggs, 1-2 cup sweet cream, fill the cup with milk, 2 heaping tablespoons butter, 1 cup sugar, 2 heaping tablespoons cocoa, 1 level teaspoon soda, 2 teaspoons cream of tartar, Sift cocoa, soda and cream of tartar with flour.

MRS. J. A. MOORE

COFFEE CAKE I.

2 eggs, 1 cup brown sugar, 1-2 cup molasses, 1-2 cup cold coffee, 1-2 cup shortening, 1 teaspoon soda, 1 teaspoon cream of tartar, 1-2 teaspoon salt, 1-2 teaspoon spices, 1-2 teaspoon nutmeg, 1 cup raisins, 2 cups flour.

MRS. J. C. McCREARY

COFFEE CAKE II

1 cup cold coffee, 1-2 cup butter, 1 cup sugar, 1 cup molasses, 1 teaspoon soda, 1 teaspoon each of cloves and cinnamon, 1 nutmeg, 1-2 lb raisins, 4 1-2 cups flour.

MRS. JOHN SMITH

COFFEE CAKE III.

This makes 2 pie plates of cake. Take out enough bread dough for a loaf, when you put the rest of the dough in the tins, add to the dough 1-4 nutmeg, 1-4 cup sugar, 1 egg, 1 tablespoon butter. Mix for 10 minutes. Let rise until bread is baked, these take 1-2 hour. Just before putting into oven melt butter, spread over the top with 1-4 cup sugar mixed with a little cinnamon. MRS. STADE

CORNMEAL CAKE I.

3 eggs, 1 cup sugar, 1 1-2 cups sour cream, 2 cups corneal, 1 cup flour, 1 teaspoon soda.

MRS. F. W. A.

CORMEAL CAKE II.

1 egg, 1 small cup sugar, 1 tablespoon salt, 2 tablespoons lard or 1 cup cream, 4 cups butter-milk, or 3 of cream is used, 1 teaspoon soda, 2 cups cornmeal and flour enough to make a nice batter. This is for a large family.

MRS. FRED. CARLETON

CRUMB CAKE I.

Mix well together 2 cups flour, 1 cup brown sugar, 1-2 cup each of lard and butter or all lard, mix until crumbly like pie crust. Take out a small cupful to use for the top, add 1 cup raisins, nuts, dates to suit. take 1 cup sour milk, 1 teaspoon soda dissolved in a little hot water, 1 teaspoon cinnamon, mix well. Put the cupful of dry ingredients over the top and bake in a moderate oven till nicely browned.

MRS. POTTINGER

CRUMB CAKE II

Mix well together 1 2-3 cups flour, 2 tablespoons butter, 1 cup brown sugar, 1-4 nutmeg grated. Take out 1-3 cupful to sprinkle over the top just before it is put in the oven. To the remaining portion add 1 cup chopped raisins and 1 cup sour milk in which 1 teaspoon soda has been dissolved. Mix well and put in a loaf tin Sprinkle the dry ingredients over top and bake 40 minutes slowly.

MRS. W. C. FLINTOFT

CRUMB CAKE III

1 1-2 cups sugar, 1-3 cup butter, 1 or 2 teaspoons chocolate 4 yolks of eggs, 1-2 cup sour cream, 1-2 teaspoon soda, 1 cup bread crumbs, 1-2 cup nuts or raisins, 1-3 cup flour and the whites of the 4 eggs whipped stiffly.

MRS. A. F. HENSCHEL

CREAM LAYER CAKE I.

1 cup sugar, 1 cup milk, 2 cups flour, 1 egg, 4 teaspoons baking powder, 2 tablespoons butter, 1 teaspoon flavouring.

Cream butter and sugar together, add the egg, sift flour and milk and beat with a spoon until you have a smooth pour batter, add flavouring, pour into 2 buttered tins, and bake in a moderate oven. (No good unless directions are followed). Filling—1-4 cup sugar, 1 teaspoon butter, 1 cup milk, 2 tablespoons corn starch, 1 teaspoon flavouring, mix corn starch with a little cold milk, and stir into boiling milk, add butter and sugar, boil 5 minutes. When nearly cold add flavouring and spread between layers.

MRS. W. G. SCHINBEIN

CREAM LAYER II.

3 eggs, 1 cup white sugar, 3 tablespoons water, 1 1-2 cup flour, 2 teaspoons baking powder. Beat the whites of the eggs to a stiff froth and add lastly. Filling—1 egg, 3-4 cup white sugar, 1-2 cup butter, 1-2 pint milk. Heat all to boiling point and add 1 tablespoon cornstarch previously stirred in cold milk, when boiled add flavouring to suit taste. Spread between layers

MRS. F. W. A.

CREAM PUFFS

1 cup water, 1-2 cup butter, 1 cup flour, 4 eggs, 1-2 teaspoon sugar, pinch of salt. Boil water and butter together, when boiling add flour all at once and stir vigorously till it leaves the side of the saucepan and forms a smooth ball, add salt and sugar. When cool add the unbeaten eggs, 1 at a time, beating till thoroughly mixed. Drop on buttered pans pieces the size of a walnut 3 inches apart. Bake in a moderate oven 30 minutes, having the oven rather hot at first, then reducing the heat, when baked let them dry out in the oven with the door open for about 10 minutes. This will prevent them falling, when thoroughly cold, cut open with scissors and fill with whipped cream, mock cream or melt an ordinary package of jelly and after it is set put a spoonful in each.

Mock Cream for Cream Puffs

1 cup sugar, 1-2 cup flour, pinch of salt, 2 eggs, 2 cups scalded milk, flavour to taste. Mix the dry ingredients, add eggs slightly beaten. Cook 15 minutes in a double boiler, stirring constantly till thickened, cool slightly and add flavouring. Don't use till perfectly cold.

MRS. I. J. ROBINSON

DARK CAKE

1 lb flour, 4 ozs. butter, 1 lb currants, 1-2 lb sugar, 1-4 lb lemon 1-2 cup sour milk, 1 teaspoon soda dissolved in milk, 1-2 teaspoon peel cut fine, 3 eggs, 1 teaspoon soda. Bake 2 hours. Good.

MRS. Wm. ROBERTS

DARK LAYER CAKE

1-2 cup butter, 1 cup brown sugar, 2 eggs, 1-2 cup molasses, each of cinnamon, cloves and vanilla, 1 cup stoned and chopped raisins, flour to stiffen.

MRS. J. C. McCREARY

DATE CAKE

1 cup sugar, 1 egg, 1-2 cup butter, 2-3 cup sour milk, 1 teaspoon soda, cloves, cinnamon, nutmeg, 1 lb dates and 2 cups flour.

MRS. I. J. ROBINSON

DEVILS' CAKE I.

1 1-2 cups sugar, 1-2 cup butter, 3-4 cup sour milk, 2 cups flour, 1-2 cup raisins, 2 teaspoons soda, 2 squares Bakers chocolate dissolved in 1-2 cup boiling water and stood to cool, 2 eggs beaten in.

MRS. ELMER GUMMESON

DEVILS' FOOD CAKE II.

Cream together 1 1-2 cups sugar with 1-2 cup butter, add 2 eggs and 1-2 cup sour milk in which 1 teaspoon soda has been dissolved, 2 squares chocolate dissolved in 1-2 cup boiling water, 2 cups flour and vanilla flavouring. Mix thoroughly, but do not beat this batter.

MRS. J. KEOWN

DEVILS' FOOD CAKE III.

2 cups brown sugar, 2 eggs, 1-2 cup butter, 1-2 cup sour cream, 1-2 cup boiling water, 3 cups flour, 1 level teaspoon soda, 3 teaspoons cocoa, dissolve the soda in the cream and the cocoa in the water.

MRS. POTTINGER

DEVILS' FOOD CAKE IV.

2 cups darkest brown sugar, 1-2 cup butter, 1-2 cup sour milk, 2 eggs, 3 cups flour, pinch of salt. Mix thoroughly then take 1-2 cup boiling water and stir into it, 1 teaspoon soda and 1-2 Bakers chocolate grated. Stir into the batter.

Filling and Icing

2 cups darkest brown sugar, 1-2 cup butter, 1 think 1 tablespoon butter is enough, 1-2 cup sweet milk or cream until it threads. Set aside till cool.

MRS. I. J. ROBINSON

DEVILS' FOOD CAKE V.

1 cup sugar, 1 level tablespoon butter, yolk of 1 egg, 2 squares Bakers chocolate, 1 cup souf milk, 1 teaspoon soda, 1 1-2 cups flour, measure before sifting 3 or 4 times, 1 teaspoon vanilla flavouring.

MRS. JAMES A. STEWART

EDITHS' CAKE (white)

1 cup flour, 1 dessertspoon baking powder. Put the whites of 2 eggs in a cup, add butter (melted) to half fill the cup, then fill with milk. Put all together and beat 3 minutes.

MRS. I. J. ROBINSON

EGGLESS CAKE

Butter the size of an egg, 1 cup sugar, 1 cup raisins, 1 teaspoon soda, 1 cup sour milk, 1-2 teaspoon nutmeg, 1-2 teaspoon cinnamon, 1-2 teaspoon ginger, 1-4 teaspoon cloves, 1-4 teaspoon allspices and 2 cups flour.

MRS. STADE

EGGLESS, MILKLESS, BUTTERLESS CAKE

1 cup brown sugar, 1 cup water, 1 cup lard, 2 cups seeded raisins, 1 teaspoon each of cinnamon and cloves, 1-4 nutmeg, pinch salt. Put all in a saucepan and boil for 3 minutes. When cold add 1 teaspoon of soda dissolved in 1-2 cup hot water, 2 cups of flour in which 1-2 teaspoon baking powder has been sifted. Bake 1 hour in a moderate oven.

MRS. I. J. ROBINSON

FIG and RAISIN CAKE

1 cup butter, 2 cups brown sugar, 1 cup water, 3 1-2 cups flour, 1 cup figs, 2 cup raisins, 4 eggs, 1 teaspoon cinnamon, 1 teaspoon nutmeg, 1-2 teaspoon cloves, 2 teaspoons baking powder. Cream butter and sugar, add eggs well beaten, sift 1-4 cup flour over figs and raisins chopped fine, add baking powder and flour last. Bake in slow oven.

MRS. TREMBATH

FRUIT CAKE I.

2 lbs. raisins, stoned, 2 lbs. currants, 1 lb butter, 1 lb sugar, 1 1-4 lb. flour, 10 eggs, 1 tablespoon cloves, 2 ozs. lemon peel, 1 nutmeg, 1 tablespoon allspices, 2 ozs. citron, 2 tablespoons cinnamon, 1-2 cup almonds blanched and cut in slices, a little molasses improves it, about 1 cup full. Flour the fruit, using it out of that weighed out for the cake. Put 1-2 teaspoon soda or 1 teaspoon baking powder with flour in fruit. Bake 3 hours slowly.

MRS. J. C. McCRAERY

FRUIT CAKE II.

1 1-2 lbs. fine sugar, 1 1-2 lbs. butter, 1 lb each raisins, currants and sultanas, 2 lbs. flour, 1-2 lb candied peel, 1-2 lb each of almonds and walnuts, 2 ozs. spices, the grated rind of 3 lemons, 18 eggs, 1 gill brandy. Paper the hoops and bake 3 hours.

MRS. JAMES MACKIE

FRUIT CAKE III.

1 lb butter, 1 lb brown sugar, 1 lb stoned raisins, 1 lb currants, 1 lb sultanas, 1 doz. eggs, the juice of 2 oranges and rind of one, juice and rind of 1 lemon, 1 tablespoon allspices, 1-4 lb almonds blanched, 1-2 lb walnuts chopped fine, 1-4 lb mixed peel, 2 lbs. flour, 1 tablespoon cinnamon, 1 teaspoon nutmeg and 1 teaspoon soda dissolved in warm water.

MRS. CAMPBELL

FRUIT CAKE IV.

1 lb sugar, 12 eggs (yolks beaten to foam), 1 lb butter, 1 lb flour (browned), 2 lbs. raisins, 2 lbs. currants 1 lb citron, 12 whites of eggs beaten stiff. Bake 2 1-2 hours.

MRS. TREMBATH

FRUIT CAKE V.

2 cups brown sugar, 1 cup butter, 1 cup raisins, 1 cup nuts, 3 eggs, 1 cup cream or sour milk, a little lemon peel, 1 teaspoon soda, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon nutmeg, flour to thicken.

MRS. CAMPBELL

FRUIT CAKE VI.

1 doz. eggs, yolks and whites beaten separately, 3 lbs. sugar, 3 lbs. butter, 3 lbs. flour and as much fruit as you can stir in.

MRS. F. W. A.

FRUIT CAKE VII.

2 cups butter, 1 teaspoon soda dissolved in hot water, 2 cups molasses, 1 teaspoon mace or nutmeg, 1 cup sweet milk, 1 teaspoon allspices, 2 eggs well beaten, 1 teaspoon cloves, 1 tablespoon cinnamon, 1-2 cup blanched almonds chopped, 1 tablespoon vanilla, 1-2 orange juice. Stir in enough flour to make stiff batter as may be stirred with a spoon. Beat it well and then add 2 lbs raisins, 2 lbs. currants and 1-2 lb citron cut in strips.

MRS. CAMPBELL

FRUIT CAKE VIII.

1 lb butter, 2 lbs. currants, 2 lbs raisins, 1 lb brown sugar, 1-2 lb citron, 7 eggs, 1-2 lb almonds chopped, 1 teaspoon allspices, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon nutmeg, 1 teaspoon soda, 1 tablespoon molasses and 1 lb flour. Cream the butter and sugar, add eggs well beaten, the molasses, spices and the soda sifted with the flour. Add enough sour milk to mix quite stiff. Flour the fruit before adding to the above mixture. Steam 3 hours and bake 3-4 of an hour in a very slow oven.

MRS. J. KEOWN

FUDGE FROSTING

1-2 cup sugar, 1 square chocolate, 1-2 cup milk, pinch of salt, butter the size of a walnut. When cool add vanilla.

MRS. STADE

GINGER BREAD (best)

1 cup sugar, 1-2 cup lard or butter, 1-2 cup molasses, 1 cup hot water, 1 teaspoon soda, 1 teaspoon salt, 3 teaspoons ginger, 1 teaspoon vanilla, 3 well beaten eggs the last thing, 1 cup of raisins if cared for. This makes a delicious pudding as well as cake.

MRS. HARRY FERGUSON

GINGER CAKE

2 eggs, 1 cup sugar, 1 cup butter, 1 cup molasses, 1 cup butter-milk, spices, ginger, flour to make a thin batter.

MRS. F. W. A.

GINGER BREAD (soft)

1-2 cup butter and lard mixed, 1 cup sugar, 1 cup molasses, 1 cup sour milk, 1 teaspoon soda dissolved in a little boiling water, 2 teaspoons cinnamon, 2 teaspoons ginger, 1 teaspoon cloves, 1 teaspoon nutmeg, 3 cups flour. Not too hot oven.

MRS. CAMPBELL

GINGER BREAD

1 cup molasses, 1-2 cup butter milk, 1-2 cup butter, 1 teaspoon soda, 2 eggs, 1 teaspoon baking powder, 2 cups flour, 1 teaspoon cinnamon, 1 tablespoon ginger. If the molasses is very dark use part syrup. This ginger bread can be used as a dessert making a sauce as follows: — 2-3 cup sugar, 1 tablespoon corn starch, 1 tablespoon flour and 1 tablespoon butter. Mix and pour on boiling water to the desired thickness and cook few minutes.

MRS. JAMES A. STEWART

JOHNNY CAKE, No 1

3 cups butter-milk, 3 teaspoons soda, 3 eggs, 2-3 cup sugar, 1 1-2 cups flour, 3 cups yellow cornmeal. When well beaten add 3 tablespoons melted lard. Bake 1-2 hour in a moderate oven.

MISS M. E. MOORE

JOHNNY CAKE, No. 2

1 pint cornmeal, 1 pint sweet milk, 1 teacup flour, 2 eggs, 1 tablespoon molasses, 1 tablespoon melted butter, a little salt, 1 teaspoon soda, 1 teaspoon cream of tartar. Bake in square tins.

MRS. J. C. McCREARY

JELLY ROLL

3 eggs, 3-4 cup sugar, 1 cup flour, 1-2 teaspoon soda, 1 teaspoon cream of tartar, 1 tablespoon hot water, pinch of salt.

MRS. W. C. FLINTOFT

LIGHT CAKE

1-4lb flour, 1 cup sugar, 1 cup cream or butter, 1 egg, 1 teaspoon baking powder.

MISS ROBERTS

LEMON CHEESE CAKE

2 cups sugar, 1-2 cup butter, 3-4 cup sweet milk, whites of six eggs, 3 cups flour, 3 teaspoonfuls baking powder.

Sauce for Lemon Cheese Cake

Grated rind and juice of 2 lemons, yolks of 3 eggs, 1-2 cup butter, 1 cup sugar. Mix all together and set on stove and cook till thick as sponge, stirring all the time. Then use like jelly between the cakes.

MRS. JAMES MACKIE

LAZY WOMAN'S CAKE

Put 2 eggs in a cup, fill with milk and stir, 1 1-2 cups flour, 1 cup sugar, 2 rounded teaspoons baking powder. Sift sugar, flour and baking powder together, add 1-4 cup melted butter and any flavouring desired.

MRS. JAMES A. STEWART

LAYER CAKE

Yolks of 3 eggs, 1 cup sugar, 3 ozs. butter, 2 cups flour, 1 cup milk, 4 teaspoons baking powder, flavour with vanilla. Beat butter and sugar to a cream, add yolks well beaten, sift flour and baking powder together and mix all into a smooth paste. Ice when cold with butter icing.—White of one egg well beaten, 1oz. melted butter and icing sugar to thicken, sprinkle with chopped walnuts if desired.

MRS. CAMPBELL

MARBLE CAKE**Light Part**

3-4 cup sugar, 1-4 cup butter, 1-3 cup sweet milk, 1 1-4 flour, 2 teaspoons baking powder, whites of 2 eggs well beaten.

Dark Part

1-2 cup brown sugar, 2 yolks eggs, 1-4 cup molasses, 1-4 cup butter 1-3 cup sour milk, 1 1-4 cups flour, 1 teaspoon soda, 1-2 teaspoon spices.

Butter a cake tin, and fill alternately with 2 spoonfuls of the light and dark mixtures, Bake in a moderate oven.

MRS. TREMBATH

MARBLE CAKE**Light Part**

$\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup butter, 1-3 cup sweet milk, 1 $\frac{1}{4}$ cup flour, 2 of 2 eggs and 1 teaspoon baking powder.

Dark Part

1-4 cup butter, 1-2 cup sugar, 1-4 cup molasses, 1-4 cup sweet milk, 1 1-4 cups flour, yolks of 2 eggs, 1 teaspoon baking powder, 1-2 teaspoon each of cloves, cinnamon and nutmeg.

Mix 2 parts separately, beat until light, put in cake tin a spoonful at a time alternately. This cake will keep a long time.

MRS. WM. ROBERTS

MILK ICING FOR CAKES

10 tablespoons sweet milk, 1 1-2 cups white sugar. Boil 6 minutes, beat until white.

MRS. HENRY McLEOD

MOLASSES FRUIT CAKE

1 cup New Orleans molasses, 2-3 cup brown sugar, 1-2 cup lard, 1 cup butter milk (sour milk will do), 3 1-2 cups flour, 1 nutmeg, 1 tablespoon cinnamon, 1 teaspoon cloves, 1 cup currants, 4 pieces candied orange peel chopped fine, 1 tablespoon soda, add fruit and peel last, well flavoured.

MRS. POTTINGER

NUT CAKE

1 cup sugar, 3-4 cup sour cream, 1 cup chopped nuts, 1 egg, 1 teaspoon soda, flour to make a thick batter.

MRS. TREMBATH

ORANGE CAKE

2 eggs, their weight in sugar, butter and flour. The grated rind and juice of 1-2 orange, 2 teaspoons baking powder. Beat butter and sugar together for 5 minutes, then add 1 egg and part of the flour. Mix well, then add the other egg and the rest of the flour by degrees, then the orange rind and juice, lastly sprinkle in

MRS. CAMPBELL

PEPPER CAKE (very good)

2 eggs, 1 cup syrup, 1-2 lb brown sugar, 1-2 cup currants, 1-2 cup butter, 2-3 cup cream, 2 teaspoons cinnamon, 1-4 teaspoon black pepper, 1 teaspoon soda, 1-2 teaspoon nutmeg, 2 cups flour. Bake in layers

MRS. J. C. McCREARY

PORK CAKE

1 lb fat salt pork chopped fine, 2 cups molasses, 3 cups boiling water, 2 cups brown sugar, 1 lb raisins, 1 lb currants, citron peel, cinnamon and cloves, 1 teaspoon baking powder. Make to a stiff batter.

MRS. F. W. A.

PORK CAKE II.

1 lb fat pork chopped fine, 1 lb sugar, 1 lb raisins, 1 cup molasses, 1 1-2 cups butter milk, 1 teaspoon soda, 1 teaspoon cloves, 1 teaspoon nutmeg, 2 teaspoons cinnamon.

MRS. CARLETON

RASPBERRY CAKE

1-2 cup butter, a good 1-2 cup sugar, 1 cup raspberries (preserved), 3 eggs, 1 teaspoon soda, flour to stiffen. Make a little stiffer than for a layer cake.

MRS. J. C. McCREARY

RAISIN LAYER CAKE

1 cup sugar, 1-2 cup molasses, 1-2 cup butter or lard, 1-2 cup sour milk, 2 cups flour, 1 teaspoon each soda and cinnamon, 1 white and 3 yolks of eggs. This makes 3 layers.—Filling.—Put 1 cup sugar, scant 1-2 cup water on stove and boil until it hairs. When cool so it does not bubble, mix with the stiffly beaten whites of 2 eggs. Beat until cold, ice the top layer, then add 1 cup raisins to the remainder for filling.

MRS. HENRY McLEOD

RAISIN CAKE

1 cup sugar, 1-2 cup butter, 3 eggs beaten, 1 teaspoon vanilla, 1 teaspoon cinnamon, 1 teaspoon nutmeg, 1 package of raisins boiled in 2 cups water for 20 minutes, 1 teaspoon soda in flour to make a medium batter.

MRS. TREMBATH

ROLL JELLY CAKE I.

1 cup sugar, 3 eggs, 1 cup flour, 1 teaspoon baking powder. Bake in a shallow pan, spread with currant jelly and roll while warm.

MRS. ROBERTS

ROLL JELLY CAKE II.

Take 1 cup flour, 1 1-2 cups sugar and 1 1-2 teaspoons baking powder, mix together. Beat 3 eggs light and add to the flour, then last of all beat in 16 teaspoons of hot water and bake in a quick oven.

MRS. J. KEOWN

ROLL JELLY CAKE III.

3 eggs, 1 cup sugar, 1 cup flour and 1 teaspoon baking powder.

MRS. F. W. A.

SHORT CAKE

1 1-2 cups flour, 1 level tablespoon lard, a handful of sugar, 2 teaspoons baking powder, 1 egg beaten in a cup, then fill the cup up to 1-2 full of water.

MRS. STADE

SHORT BREAD I.

1-2lb butter, 1-4lb lard, 1-4lb sugar, 1 1-2lbs flour. Cream butter and lard. Put flour in, then sugar.

MRS. CAMPBELL

SHORT BREAD II.

5 ozs. flour, 2 ozs. rice flour, 4 ozs. butter, 2 ozs. fine sugar. Put all into a basin and rub with the fingers till you have a mixture like bread crumbs, then knead with the right hand and form a smooth dough, free from cracks. Turn out on a board and form into 2 round cakes about $\frac{1}{2}$ an inch thick, mark the edges with your fingers and prick the centre with a fork. Place on a papered tin and bake in a moderate oven till a nice golden colour. Leave on tin till cool.

MRS. HARRY SMITH

SHORT BREAD III

Take 12 ozs. of good butter, take of sugar 1-2 of that, then of flour just take the double what you weighed the butter at. Rub the butter and the sugar with your fingers on the board, taking in the flour in stages as you think it will afford. Roll it out upon the table or else shape it on a block. It's so easy when you know it, you might do it while you talk, then you nick it round the edges with your finger and your thumb. So be sure and have some ready for my supper when I come.

MRS. J. C. McCREARY

PINK and WHITE CAKE

1-2 cup butter, 1 1-2 cups sugar, 1 cup milk, 3 teaspoons baking powder, whites of 5 eggs. Divide the mixtures and add cochineal colouring to half, flavour with vanilla. Flavour other part with lemon and put in pan as marble cake.

MISS ROBERTS

SEED CAKE

1-2lb butter, 1-2lb sugar, 4 eggs, 3-4lb flour, 2 ozs. caraway seed, 1-4 of a nutmeg grated, 1-2 teaspoon salt, 1 teaspoon baking powder. Beat butter and sugar very light, add yolks of eggs and beat in. Mix seeds, nutmeg, flour, salt and baking powder well together and add to the mixture. Lastly beat up whites stiff and add. Bake about 1 1-2 hours in a moderate oven.

MRS. CAMPBELL

POTATO FLOUR CAKE

1 cup sugar, 1 cup potato flour, 8 eggs, Beat the yolks for 15 minutes, then gradually add the sugar. In another basin beat the whites for 15 minutes or until very light, gradually add 1-2 cup potato flour, then beat the two parts together add the remainder of the flour and flavour to taste. MRS. JAMES A. STEWART

SPANISH BUN

1 1-2 cups brown sugar, 2 cups flour, 1 1-2 cups butter milk, 2 rounding tablespoons lard or butter, 1 teaspoon ginger, 1 teaspoon nutmeg, 1 teaspoon soda, 1 teaspoon salt, 2 eggs. Cream sugar and lard, add yolks of eggs, salt and spices, then add butter milk leaving a little in cup to dissolve soda in. Add soda and flour to make a nice batter. Bake. Beat the whites stiff add another 1-2 cup brown sugar and 1 teaspoon cassia. When cake is baked put this on top and put back in oven to brown. This cake is equally as good made with sweet milk and 2 teaspoons baking powder instead of soda.

MRS. CARLETON

SPICE CAKE

1 cup molasses, 1 cup cold coffee, 1 cup lard, 1 cup sour milk, 1 1-2 cups sugar, 2 cups raisins, 5 cups flour, 3 teaspoons soda, 1 teaspoon cinnamon, 1 teaspoon cloves.

MRS. HENRY McLEOD.

SPICE CAKE

2 eggs, 1 cup sugar, 1 teaspoon nutmeg, 1 cup sweet milk, 2 tablespoons cocoa, 1 teaspoon cinnamon, 2 cups butter (melted), 2 cups flour, 2 teaspoons baking powder. Bake in a deep pan.

MRS. CAMPBELL

SPONGE CAKE

Beat the yolks of 3 eggs well, add 1 cup sugar, 1-3 cup boiling water, 1 cup flour, 1 teaspoon baking powder, 1 teaspoon vanilla. Blend in gently the whites of eggs beaten stiff.

MRS. ELMER GUMMESON

SPONGE CAKE

3 eggs, 3 cups flour, 1 1-2 cups sugar, 1 1-2 cups sour cream, 1 teaspoon soda and flavouring.

MRS. F. W. A.

SULTANA CAKE

1-4lb butter, 2 eggs, 1-4lb sultanas, 2 ozs. peel, 2 cups flour, 1 teaspoon baking powder. Cream the butter and sugar, add the eggs separately. Beat well, then add flour and other ingredients. Bake 1 hour.

MRS. POTTINGER

WALNUT CAKE

3 eggs, 1 cup sugar, 1-2 cup butter, 1-2 cup sweet milk, 2 teaspoons baking powder or 1-2 teaspoon soda and 1 teaspoon cream of tartar, 1-2 cup walnuts and flour to thicken. Bake in a long pan and cut in squares.

MRS. W. C. FLINTOFT

WALNUT CAKE

1-2 cup butter, 1-2 cup sugar, 1-2 cup sweet milk, 2 cups flour, 1 cup raisins, 1-2 cup walnuts chopped, 2 teaspoons baking powder, whites of 4 eggs beaten stiff.—Icing—Beat the yolks stiff with white sugar, spread on the cake as soon as baked, put 1-2 walnuts top and return cake to oven till icing is cooked.

MRS. I. J. ROBINSON

WHITE FRUIT CAKE

2 1-2 cups sugar, 4 eggs, 1 1-2 cups butter, 1-2 lb peel, 1 cup sweet milk, 5 scant cups flour, 1-2 teaspoon soda, 1 teaspoon cream of tartar, 1 lb raisins.

MRS. J. C. McCREARY

WHITE CREAM CAKE

Whites of 6 eggs, 2 cups sugar, 1 cup butter, 1-2 cup milk, 3 cups flour, 2 teaspoons baking powder.

MRS. F. W. A.

WHITE CAKE (That will keep a long time)

2 cups sugar, 3 eggs, 1 cup butter, 1 cup cold water, 2 cups raisins, 3 teaspoons baking powder, 4 cups flour.

MRS. HENRY McLEOD

Pickles**BÉET PICKLES**

1 quart beets boiled and chopped, 2 cups sugar, 1 cabbage chopped, 1 tablespoon salt, 1 cup grated horseradish, 1 teaspoon black pepper, 1-4 teaspoon red pepper. Cover with vinegar and keep from air.

MRS. F. W. A.

CELERY SAUCE

1 head cabbage, 2 red peppers, 2 teaspoons cinnamon, 2 teaspoons cloves, $\frac{1}{2}$ cup salt, 2 doz. green tomatoes, $\frac{1}{2}$ doz. onions, 2 pints vinegar, 2 bunches celery, sugar to taste. Chop up all the vegetables, salt and let stand all night. Drain off water, add all other ingredients and boil till done.

MRS. J. C. McCREARY

CHILI SAUCE

26 large tomatoes, 12 onions, 18 apples, 2 green or red peppers, 1 tablespoon each of ginger, cloves and cinnamon, 5 cups sugar, 4 cups vinegar. Chop all fine and boil together till thick enough.

MRS. I. J. ROBINSON

CHILI SAUCE (The Old Reliable)

24 ripe tomatoes, 8 large onions, 4 cups vinegar, 12 small red peppers, 2 cups brown sugar, 1 teaspoon allspices, 2 tablespoons salt, 1 teaspoon cloves, 2 teaspoons ginger, 2 teaspoons cinnamon. Chop tomatoes, onions and peppers fine. Then add spices, sugar and vinegar. Boil 1 hour.

MRS. J. C. McCREARY

CHOW CHOW

2 quarts green tomatoes, 2 onions, 1-2 doz. green peppers, 1 doz. cucumbers, 2 heads cabbage, 1 cup salt, 1 tablespoon celery seed, 1 oz. turmeric, 1 oz. cinnamon, 1 oz. cloves, 1 oz. allspices, 1-2 teaspoon cayenne pepper, 1 cup brown sugar. Chop up, cover with vinegar, and boil 2 hours.

MRS. F. W. A.

CORN PICKLES

18 ears corn (cut corn off cob), 1 head cabbage, 4 onions, 2 cups sugar, 1-4 cup salt, 1 teaspoon pepper, 1 tablespoon turmeric, 3 pints vinegar, 1 dessertspoon flour, 1-4 cup mustard. Boil 20 minutes.

MRS. I. J. ROBINSON

CORN RELISH

Chop 1 head cabbage, sprinkle with salt and let stand 1 hour. Boil 12 small ears corn and cut from cob. To the corn add 4 large onions and chop together. Drain cabbage and add, mix and cover with this dressing.—1 1-2 quarts vinegar, 1 tablespoon mustard, 2 teaspoons salt, 1 tablespoon celery seed, 1 cup sugar. Let come to a boil then add 1 tablespoon flour and 1 teaspoon turmeric mixed together. Cook a few minutes.

MRS. HENRY McLEOD

DRESSING FOR LETTUCE

2 hard boiled eggs. Remove yolks, mash fine in a cup with 1 teaspoon sugar, 1-2 teaspoon mustard and a pinch of salt. Add cream gradually till cup is 2-3 full. Add vinegar slowly till cup is full. Have lettuce ready with whites cut in rings on top. Pour dressing over.

MRS. F. W. A.

FRENCH MUSTARD PICKLES

2 quarts small onions, 2 quarts cucumbers, 2 heads cauliflower, 6 green peppers chopped fine. Leave over night in separate dishes, in salt and water. Then scald separately in vinegar and water (half and half) and drain. Make paste of 2 cups white sugar, 1 cup flour, 1 oz. turmeric powder, 1 gallon vinegar or a little less. Mix together and cook until dressing is cooked.

MRS. JAMES MACKIE

FRENCH PICKLES

1 peck green tomatoes sliced and 1 teacup salt. Let stand 24 hours, drain and scald 20 minutes in 2 quarts water and 1 quart vinegar, drain and add 2 quarts vinegar, 2 lbs. sugar, 4 ozs. mustard seed, 2 teaspoons allspices, 2 teaspoons cinnamon, 2 teaspoons ginger, 1 teaspoon cayenne pepper, 1 teaspoon mustard. Mix well and boil 15 minutes.

MRS. F. W. A.

GRANDMOTHER'S FAVOURITE

1 quart red cabbage chopped fine, 1 quart boiled beets chopped fine, 1 teaspoon grated horse radish, salt, 1 teaspoon black pepper, 1-4 teaspoon red pepper. Cover with cold vinegar and keep from the air.

MRS. I. J. ROBINSON

GREEN TOMATO CATSUP

Chop very fine 7 lbs. green tomatoes and 4 red peppers, cook together in a porcelaine lined kettle with 1 quart vinegar for 1 1-2 hours, then add 1 lb brown sugar, 2 tablespoons salt, 2 tablespoons mustard, 1 tablespoon each of cinnamon and allspices and 1 teaspoon ground cloves. Cook 3 hours longer. Bottle and seal.

MRS. W. C. FLINTOFT

GREEN TOMATO PICKLES

Slice 5 lbs. green tomatoes (full grown), place in layers in an earthen bowl, sprinkle each layer with salt. Let stand 12 hours. Drain and place in an enamelled saucepan, add 1 quart best vinegar 1-2 lb brown sugar, 1-2 lb sliced onion (not Spanish), 3 pepper pods sliced, 1-4 oz. of each ginger, cloves, whole pepper and mustard seed all bruised. Mix well and simmer till soft about 15 minutes. Put into pickle jars of not more than 1 lb each, as it keeps better in small quantities. Cover well and keep in a dry place. Should the tomatoes be large and juicy less vinegar will be required.

MRS. GOLIGHTBY

CHUTNEY SAUCE

2lbs ripe tomatoes (canned ones will do), 2lbs. sour apples, 1lb onions. All chopped fine. Add 1lb brown sugar, 1 oz. each ginger and allspices, 1 teaspoon pepper and 1 quart vinegar. Boil all together and bottle when cold. MRS. GEORGE CULHAM

MUSTARD PICKLES (dressing)

1 cup brown sugar, 1 heaping tablespoon flour, 1 dessertspoon turmeric, 1 heaping tablespoon mustard, 1 teaspoon salt, 1 1-2 cups vinegar, 1 1-2 cups water. Mix sugar, flour, mustard, turmeric and salt together. Add a little vinegar and water (hot) and cook til it boils. This will cover 4 quarts vegetables. MRS. CARLETON

MUSTARD PICKLES (dressing)

2 pints vinegar, 1lb sugar, 1 tablespoon butter. Boil these together. Then take 5 tablespoons mustard, 1 small cup flour, 1-4 oz. turmeric powder. Wet with cold water, mix the two together, pour on the vegetables and let boil. MRS. J. C. McCREARY

MUSTARD CUCUMBER PICKLES

2 quarts onions, 4 doz. full grown cucumbers, 8 bunches celery. Skin the onions, cut cucumbers into 1 inch squares and put in salt water 24 hours. Drain well, cut celery into small pieces, mix all together with 4 lbs. granulated sugar, 2 ozs. mixed spice and 1 oz. small red peppers. Place in jar. Scald 2 quarts best vinegar, add 2 cups mustard and 2 cups flour mixed smoothly with cold vinegar. Add to scalded vinegar and boil 1 minute. Mix with enough cold vinegar to cover the whole. MRS. W. C. FLINTOFT

MUSTARD PICKLES

1 quart cucumbers cut in small pieces, 1 pint onions, 2 green peppers, 1 quart green tomatoes sliced. Soak all in salted water all night. Drain, put in a jar. Cover with hot vinegar and let stand 3 days. Then take 1-2lb mustard, 1-2 cup sugar, 1-2 cup flour, 1 quart vinegar. Mix flour and mustard together with some of the cold vinegar, put in the sugar and scald altogether. Pour over the pickles boiling hot and stir well. When cold cover closely and they will keep for ever and a day. MRS. F. W. A.

MUSTARD PICKLES

2 quarts cucumbers, 2 quarts onions, 2 red peppers, 1 large cauliflower. Soak 24 hours in a brine made with 2 handfuls salt and enough water to cover. Scald and pour over the following dressing. 10 tablespoons mustard, 1 1-2 cups flour, 2 tablespoons turmeric, 2 cups brown sugar, 2 quarts vinegar. Boil a few minutes.

MRS. I. J. ROBINSON

PICKLED PEACHES

7lbs fruit, 3lbs. white sugar, 1 pint vinegar, 1-2 cup water, a little cinnamon and cloves. Drop peaches in when syrup is boiling and allow them to remain only a few minutes.

MRS. F. W. A.

RIPE CUCUMBER PICKLES

Peel and slice cucumbers lengthwise. Cover with vinegar and let stand 24 hours. Pour off the vinegar, boil and skim it add spices to taste and sugar 1lb per quart of vinegar. Add cucumbers and boil till soft, take them out and boil syrup another 1-2 hour and pour over cucumbers.

MRS. F. W. A.

RHUBARB CATSUP

8lbs. rhubarb, 4lbs. brown sugar, 1 cup vinegar, cinnamon cloves, allspices and red pepper to taste. Cook till done.

MRS. JAMES MACKIE

SWEET PICKLES

1 quart vinegar, 4 lbs. sugar, 8 lbs. fruit, 1 teaspoon cinnamon, 1-3 teaspoon cloves, 1-2 teaspoon mace, 1 teaspoon allspices. This will do for any kind of fruit.

MRS. F. W. A.

TOMATO CHOW CHOW

6 large green tomatoes, 1 large onion, 1 green pepper, 1 tablespoon salt, 2 tablespoons sugar, 2 small teacups vinegar. Peel tomatoes, cut them into small pieces, chop onion and pepper very fine. Stew gently with vinegar 1 hour.

MRS. J. C. McCREARY

TOMATO CATSUP

1 bushel ripe tomatoes, 1-2 gallon vinegar, 1-4 teaspoon allspices, 2 ozs. cloves, 3 tablespoons black pepper, 6 large onions, 1 pint salt, 4 red peppers. Cook all except vinegar, strain and add vinegar.

MRS. F. W. A.

VERY GOOD PICKLE

Cut into slices equal quantities of onions, cucumbers, tomatoes and sour apples; put them in layers in a wide mouthed jar. Sprinkle over each layer a little salt and a tiny pinch of cayenne pepper. Cover the whole with boiling vinegar and tie down securely. If you like your pickles sweet add sugar to taste to the boiling vinegar. This is ready for use in 7 days and is a very nice accompaniment to cold meat.

MRS. HARRY SMITH

YOUNG BEET PICKLE (Whole)

(If Beets Are Large, Slice)

1 cup sugar, 1 cup water, 1 cup vinegar and a little salt. Let come to a boil. Have beets boiled and peeled and packed in jars while hot. Pour the above over boiling hot and seal. Will keep for years. (If you don't eat them.)

MRS. A. E. KALBFLEISH

HORSE RADISH SAUCE

Grate very fine a stick of horse radish. To 2 tablespoons of it, add 1 teaspoon salt, 4 tablespoons cream. Stir briskly and add by degrees 1 wineglass vinegar. If liked sweet, add sugar to taste.

Preserves.

SUGAR CURE FOR PORK

10 gallons hard water, 15 lbs. salt, 5 lbs. brown sugar, 4 tablespoons saltpetre. Bring this mixture to a boil, let cool and skim before putting on meat. Be sure meat is all covered. Leave meat in cure 6 weeks. Take out, dry and smoke (smoking keeps it very good). This recipe is enough to cure 300 lbs. of meat. Also good for corning beef.

MRS. W. G. SCHINBEIN

BEEF BRINE (For 100 lbs Beef)

6 lbs salt, 2 ozs. saltpetre, 2 tablespoons soda, 2 lbs. sugar, 4 gallons water. Mix well together. Sprinkle bottom of barrel, put in beef with a very little salt between each layer of beef. Pour on the brine and put on a weight to keep all covered.

MRS. F. W. A.

PORK BRINE (For 100 lbs. pork)

7 lbs. salt, 2 1-2 lbs brown sugar, 2 ozs. saltpetre, 1 oz. cayenne pepper, 2 ozs. cloves. Scald all together and when cold pour over the meat. First rub meat well with salt and let it remain for 24 hours before putting in the brine.

MRS. F. W. A.

Jams

GRAPE JAM

Take your grapes, separate the skin from the pulp, keeping them in separate dishes, put the pulps in your preserving kettle with a teacup of water, when thoroughly heated, run them through a colander or coarse seive to separate the seeds; then put your skins with them and weigh. To each lb of fruit put 3-4lb sugar; add merely water enough to keep from burning. Cook slowly till a little jellies on a saucer. This is a delicious jam.

MRS. HARRY SMITH

WONDERBERRY JAM

The wonderberry or Solar berry will grow in our gardens, even here in the "Dry Belt". It is almost uneatable used alone but made into jam, using 2lbs. of apples (pared, cored and chopped up) to 1lb of wonderberries allowing 3-4lb sugar to the pound of fruit, it is very acceptable here on the prairies.

MRS. HARRY SMITH

CHOCKECHERRY JELLY

If the rather strong taste of the jelly where made alone is objected to, it will be found very nice if equal quantities of apples (or even dried apple rings soaked) and chokecherries are used.

MRS. HARRY SMITH

PRESERVED CITRON

Peel and cut up the citron into dice about an inch square, taking out all seeds. Cover with cold water and let stand all night. Next day drain off water, cover again with fresh cold water and about 1 tablespoon salt and a small piece of alum (alum can be left out if not at hand) to each 8lbs. of fruit. Boil until soft and drain, make a syrup of 3-4lb sugar to each pound of citron using 1 pint of water to about 4lbs. sugar. Boil up and skim, add the citron and 2 lemons cut up to each 8lbs. fruit and about 2 ozs. bruised ginger root or cloves tied in a small piece of muslin. Boil until clear, can and seal.

RHUBARB CONSERVE

12 cups rhubarb in inch pieces, 12 cups sugar, 2 lbs. raisins, 6 oranges, pulp and grated rind, lemons can be used instead, less of them than oranges. Sometimes I add 1-2lb English walnuts meats. Boil 15 minutes. Makes a very rich spread.

MRS. J. C. McCREARY

RHUBARB JAM

3lbs. rhubarb, 1-2lb figs, 1-4lb orange peel, grated rind and juice of 1 lemon, 2 1-2lbs. sugar. Cut rhubarb in inch lengths, take ordinary dried figs and cut in medium sized pieces. Shred the orange peel and add the juice and grated rind of the lemon and the sugar. Let stand over night. Boil 1 hour.

MRS. J. C. McCREARY

VEGETABLE MARROW PRESERVE

Pare and cut up the marrow into inch cubes, take an equal quantity of sugar, put them in layers in a deep dish with 2 lemons sliced and a small quantity of bruised ginger or cloves tied in a piece of muslin to about 10lbs. of fruit. Let stand over night. In the morning put all in a preserving kettle and cook till the marrow is clear, can and seal hot.—Very good.

MRS. HARRY SMITH

RHUBARB MARMALADE

Take equal quantities rhubarb and pineapple, slice the latter very thin and cut in small pieces, removing the core. Add 1-2 the quantity of sugar and simmer slowly until tender. Peel the rhubarb and cut in small pieces, add equal quantities of sugar and allow to stand over night. Then boil the 2 together for 20 minutes.

MRS. W. C. FLINTOFT

TO KEEP RHUBARB FRESH FOR WINTER USE

Wash the rhubarb clean, cut it in inch lengths and fill perfectly clean sealers, packing it in as tight as possible. Fill the sealers to overflowing with cold water fresh from the well. Adjust rubbers and tops and let stand upside down for a few hours to see that all are perfectly airtight. Put away in a dark place. When you wish to have fresh rhubarb sauce in winter, pour the juice from the sealer into a saucepan, add sugar to taste, boil up, add the rhubarb and cook till tender. Never waste any of the liquid from the sealers as all the flavour from the rhubarb has gone into the water. Tomatoes, Cranberries and any other fruit having sufficient acidity can be preserved for winter use in the same way.

MRS. HARRY SMITH

Candy**DIVINITY FUDGE**

3 cups light brown sugar, 1-2 cup water, 1 egg white, 1 cup chopped walnuts. Boil sugar and water till it threads. Pour it into the well beaten white of the egg. Beat well until it begins to stiffen. Add flavouring and nuts. Pour on buttered plates to cool and when set mark into squares.

MRS. J. C. McCREARY

MAKING FUDGE

Take 2 cups sugar brown and fine, put it in a pan, a piece of butter, walnut size or large if you can, a very scanty cup of milk. You next must slowly add 2 ozs. chocolate or cocoa isn't bad. Now let this all boil slowly until you let some fall into a glass of water cold and roll in a soft ball, add vanilla (not too much) when it leaves the fire, and beat and beat and beat and beat until you start to tire, and start in to beat again and don't give up until a thick and creamy substance your buttered plates will fill.

MARY MACKIE

Ice Cream**FRENCH ICE CREAM**

1 pint cream whipped, 1 pint milk, 1 cup sugar. flavor with vanilla. Do not cook.

MRS. STADE

VANILLA ICE CREAM

1 pint thick cream, 7 ozs. sugar, 1 pint rich milk, 1 tablespoon vanilla. Whip cream in a deep bowl adding sugar and beat until stiff, add milk and flavouring, mix well and freeze.

MRS. ELMER GUMMESON

STRAWBERRY ICE CREAM

Put 1 pint strawberries in an earthen bowl with 1-2lb fine sugar. Mash to a pulp with potato masher, rub it through the colander and add it to 1 pint of nicely whipped sweet cream. Mix thoroughly and freeze. Very ripe peaches may be used instead of strawberries.

MRS. HARRY SMITH

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